




Group Fitness


Schedule


Jan 23 – May 4


-  Studio 1
-  Studio 2
-  Studio 3


Monday


 7:30 - 8:30 am
Jump Start
Mady

 5:15 - 6:15 pm
Dance Party
Mady


 6:00 - 6:45 pm
Cycle 45
Amber


 6:30 - 7:15 pm
Barre
Mady


 7:00 - 7:45 pm
Cycle 45
Hannah


 8:00 - 8:45 pm
Cardio Hip Hop
Elizabeth


Tuesday


 6:30 - 7:15 am
Rise & Shine Yoga
Stacia


 5:00 - 5:45 pm
Cycle 45
Michaela


 6:00 - 6:45 pm
Cycle 45
Amber

 6:00 - 7:00 pm
Cardio Hip Hop
Abbie


 7:00 - 8:00 pm
Cycle & Core
Hannah


 7:00 - 8:00 pm
Mixed Levels Yoga
Bailey


 7:15 - 8:00 pm
Buttz & Gutz
Amber

 8:15 - 9:00 pm
Gentle Yoga
Bailey


Wednesday


 6:30 - 7:15 am
Cycle 45
Michaela


 7:30 - 8:30 am
Jump Start
Mady

 8:00 - 8:45 pm
Cardio Hip Hop
Elizabeth

Thursday

 5:00 - 5:45 pm
Cycle & Core
Hannah

 6:00 - 6:45 pm
Total Body
Abbie

 6:30 - 7:15 pm
Barre
Mady

Cat Trax
Where will your journey take you?
OrgCentral.K-State.edu/CatTrax

Cardio and Strength



Buttz & Gutz – A class specific for strengthening and toning all muscles of your lower body and core. (All levels)

Cardio Hip Hop – Designed for anyone looking to raise their heart rate with the dynamic switches between slow and fast movements. No dance

Cardio Kick – Kick, punch, kick, and sweat your way through this a kickboxing inspired workout. (All levels)

Dance Party – An aerobic workout that incorporates many forms of dance. You will reach a variety of intensities based on the different songs. No dance experience needed! (All levels)

Jump Start – A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular

Total Body - A format that brings weight training and body sculpting to your whole body in one muscle stimulating workout by using barbells, body weight, and various training equipment. (All Levels)

Mind and Body



Barre – A hybrid of ballet-inspired moves with different elements of ballet, yoga, and strength training. (All levels)

Gentle Yoga – A slower paced yoga class. Designed with less intense positions and more meditation focused. (All levels)

Mixed Levels Yoga – This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current

Rise & Shine Yoga – Simple yoga positions with focus on breathing exercises, deep relaxation to increase flexibility, and increased well-being.

Cycling



Cycle 45 – 45 minute indoor cycling class that challenges your endurance and enhances your cardio fitness. (All levels)

Cycle & Core – This high intensity class will push your cardio endurance as well as challenging your abs. (All levels)