

Group Fitness Schedule

Monday

Tuesday

Wednesday

Thursday



8:30 - 9:30 a.m.
Jump Start (Megan)



6:30 - 7:15 a.m.
Total Body Toning (Kaitlyn)



8:30 - 9:30 a.m.
Jump Start (Megan)



6:30 - 7:15 a.m.
H.I.I.T (Kaitlyn)



6:00 - 6:45 p.m.
Cycle 45 (Amber)



6:00 - 6:45 p.m.
Cycle 45 (Amber)



7:00 - 8:00 p.m.
Butz and Gutz* (Kirsten)



6:30 - 7:30 p.m.
Mixed Levels Yoga
(Bailey)



7:00 - 8:00 p.m.
Mixed Levels Yoga
(Bailey)

**Class begins on June 13*



7:00 - 7:30 p.m.
Core Express* (Kirsten)

**Class begins on June 14*



Studio 1

Studio 2

Studio 3

June 6 - June 30

Class Descriptions

Cardio and Strength

Jump Start: A fun, yet less-rigorous aerobics class with lots of variety and functional exercises for those who want to improve cardiovascular endurance, strengthen joints, increase flexibility, and tone muscles. (Low impact)

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

Total Body Toning: A format that brings weight training and body sculpting to your whole body by using barbells, body weight, and various training equipment. (All levels)

H.I.I.T: (High Intensity Interval Training) A high-intensity workout that focuses on full-body strength conditioning paired with cardio bursts. (Intermediate/Advanced)

Core Express: An intense 30-minute workout to strengthen the core and back muscles. (All levels)

Mind and Body

Mixed Levels Yoga: This yoga experience is designed to improve posture, flexibility, and muscular strength and is great for polishing your current practice or helping you begin your yoga journey. (All levels)

Cycling

Cycle 45: 45 minute indoor cycling class that challenges your endurance and enhances your cardio fitness in 45 intense minutes. (All levels)



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