

# Group Fitness

# Schedule

April 3 – May 4



Studio1

Studio2

Studio3

## Monday



Mady

7:30 - 8:30 am  
Jump Start



Matthew

9:45 - 10:30 am  
Tai Chi



Mady

5:15 - 6:15 pm  
Dance Party



Amber

6:00 - 6:45 pm  
Cycle 45



Mady

6:30 - 7:15 pm  
Barre



Hannah

7:00 - 7:45 pm  
Cycle 45



Elizabeth

8:00 - 8:45 pm  
Cardio Hip Hop

## Tuesday



Stacia

6:30 - 7:15 am  
Rise&ShineYoga



Michaela

5:00 - 5:45 pm  
Cycle 45



Amber

6:00 - 6:45 pm  
Cycle 45



Abbie

6:00 - 7:00 pm  
Cardio Hip Hop



Hannah

7:00 - 8:00 pm  
Cycle & Core



Bailey

7:00 - 8:00 pm  
MixedLevelsYoga



Amber

7:15 - 8:00 pm  
Buttz & Gutz



Bailey

8:15 - 9:00 pm  
Gentle Yoga

## Wednesday



Michaela

6:30 - 7:15 am  
Cycle 45



Mady

7:30 - 8:30 am  
Jump Start



Elizabeth

8:00 - 8:45 pm  
Cardio Hip Hop

## Thursday



Hannah

5:00 - 5:45 pm  
Cycle & Core



Abbie

6:00 - 6:45 pm  
Total Body



Mady

6:30 - 7:15 pm  
Barre

## Friday



Matthew

9:45 - 10:30 am  
Tai Chi

# Cat Trax

Where will your journey take you?

[OrgCentral.K-State.edu/CatTrax](http://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 experience needed! (All levels)

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 endurance, strengthen joints, increase flexibility, and tone muscles. (Low impact)

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 practice or helping you begin your yoga journey. (All levels)

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

Tai Chi – A relaxing, ancient movement form that can help improve your balance, coordination, and sleep. (All levels)

## 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)