

INSTRUCTIONAL PROGRAMS FOR FALL 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Hatha Yoga Nicole 11:00-11:50 am
Full Body Fitness Kristen 12:00-12:45 pm	Zumba Molly 12:00-12:45 pm	Full Body Fitness Kristen 12:00-12:45 pm	Zumba Molly 12:00-12:45 pm	Dance Central Katie 12:00-12:45 pm	Martial Arts Emily 12:30-2:00 pm
	Xtreme Fit Brad 1:30-2:30 pm				Tabata Mosaic 2:15-3:05 pm
Dance Central Taylor 3:00-3:50 pm		Dance Central Taylor 3:00-3:50 pm		Dance Central Taylor 3:00-3:50 pm	
Tabata Kayla 4:00-4:50 pm	Introductory Ballet Alicia 4:00-4:50 pm	Tabata Kayla 4:00-4:50 pm	Introductory Ballet Alicia 4:00-4:50 pm	Tabata Mosaic 4:00-4:50 pm	
Hatha Yoga Nicole 5:00-5:50 pm	Zumba Bailey 5:00-5:50 pm	Hatha Yoga Nicole 5:00-5:50 pm	Zumba Bailey 5:00-5:50 pm	Vinyasa Yoga Andy 5:00-6:00 pm	
HIIT Andy 6:00-6:50 pm	Caribbean Cardio Brinesha 6:00-6:50 pm	Martial Arts Emily 6:00-6:50 pm	Vinyasa Yoga Kristen 6:00-6:50 pm		
Vinyasa Yoga Andy 7:00-7:55 pm	Tabata Sydney 7:00-7:50 pm	Vinyasa Yoga Kristen 7:00-7:55 pm	Tabata Sydney 7:00-7:50 pm		
		HIIT Andy 8:05-9:05 pm			

All classes are FREE and open to ALL students, faculty and staff.

Classes are subject to change without notice. Participants must be a Truman Student or ≥ 18 years old.

For more information visit <http://www.truman.edu/recreation/>

For class changes and cancellations, like [Truman State University Student Recreation Center](#) on Facebook and follow us on Twitter at [#TSUreccenter](#)

Type of class:	Green = yoga	Orange = dance	Purple = a mix of strength training and cardio	Black = martial arts
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Class Descriptions for Fall 2015 Instructional Programs

Caribbean Cardio: This class is similar to Zumba and features authentic Caribbean music and dances! Immerse yourself in the Caribbean culture while you get a great cardiovascular workout, improve flexibility and rhythm, and have fun!

Dance Central: A class similar to Zumba featuring hip-hop and pop rhythms. Learn today's hottest dance moves while working up a sweat! All levels are welcome!

Full-Body Fitness: A blend of strength, cardio, and core-centric intervals designed to work the whole body. Please bring a water bottle!

Hip-Hop Cardio: This class is designed to teach basic Hip-Hop moves while offering an intense cardiovascular workout. It is ideal for those wanting to lose weight and tone muscle while grooving to the hottest Hip-Hop and Pop tunes. No experience required and all levels are welcome!!!

Hatha Yoga: Hatha Yoga uses postures and conscious breathing in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being.

HIIT (High Intensity Interval Training): A cross training program that combines multiple disciplines of fitness, such as strength, cardiovascular, balance, coordination and flexibility, in a high intensity format. Exercises are designed for total body conditioning with an emphasis on maximum effort to provide a complete workout.

Introductory Ballet: This traditional ballet technique class is designed for all fitness levels and requires no background in dance. Special attention will be paid to alignment, appropriate adult flexibility, core strength, foot articulation, and fun while moving to a wide variety of music genres. Wear attire that allows you to move freely. Socks are a good idea if you don't own dance shoes.

Martial Arts: Learn the basic moves of the Youn Wha Ryu form of martial arts in this fun and interactive course. It is an excellent cross training element to compliment other physical training and take your mind off homework. Improve your focus, balance, speed, reflexes, and much more! Belt promotion is optional for an additional cost. Class size limited to 20.

Tabata: A fast paced mix of strength, cardio and core training with both high and low intensity intervals varying in difficulty while an energizing instructor and fun atmosphere makes class fly by! Class size may be limited depending on equipment being used.

Xtreme Fit: A cross-training program similar to the traditional Cross-Fit training program that challenges your strength, cardiovascular system, balance, coordination and flexibility in a high intensity format. Classes are non-competitive and usually self-paced. The length of class varies from 30 to 60 minutes. Class size limited to 15.

Vinyasa Yoga: An intermediate yoga class that combines breath, strength, and movement to develop a mind-body connection. Dynamic flows and sequences will challenge your strength and stretch your body to prepare you for a relaxing Savasana.

Zumba: A crazy fun and high energy cardio class that incorporates Latin dance rhythms to improve your cardiovascular endurance. Learn unique moves and dance away your stress while feeling great!

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