



2016

GROUP EXERCISE

Purchase a pass
online at gvsu.edu/rec/groupex

- KELLY TURF BUILDING
- KTB MULTIPURPOSE ROOM
- DANCE STUDIO
- FIELD HOUSE POOL
- NIEMEYER
- HOLTON-HOOKER LIVING CENTER
- INSTRUCTIONAL FITNESS STUDIO

GRAND VALLEY STATE UNIVERSITY

REC

MON

INTRO SPIN.*
Deb 4:30p

ZUMBA.
Dexter 5:15p

BEGINNING YOGA
Ouen 5:30-6:30p

SPIN./TRX.*
Amy 5:45-6:45p

TURBOKICK.
Hillary 6:30p

SPIN./YOGA*
Ouen 7:00-8:15p

POWER YOGA
Sophia 7:15p

RIPPED.
Hillary 7:30p

TRX.*
Olivia 7:45p

YOGA FLOW
Sophia 8:15p

INSANITY.
Catie 8:30p

SPIN.*
Sarah 8:45p

YOGA
Claire 9:00p

ZUMBA.
Paula/Dexter 9:15p

TUE

SPIN CORE.*
Julia 5:00p

TRX.STRENGTH*
Tess 5:15p

INSANITY.
Catie 6:00p

TRX. CIRCUIT*
Tess 6:15p

SPIN.*
Patrick 6:30p

CARDIO HIP HOP
Paula 7:00p

PIYO
Shannon 7:15p

ENDURANCE SPIN.*
Sarah 7:30-8:30p

ZUMBA.
Amanda 8:00p

YOGA
Shannon 8:15p

BOOTCAMP
Meg 9:00p

WED

G3
Meg 4:45p

POWER YOGA
Natalie 5:15p

FUNCTIONAL FITNESS
Allison 5:45p

VINYASA YOGA
Natalie 6:15p

INTERVAL SPIN®*
Kit 6:30p

INSANITY.
Jenn 7:00p

TRX.*
Crystal 7:15p

YOGA "FREE" FLOW
Allison/Jasmine 7:30p

SPIN.*
Patrick 7:45p

ZUMBA.
Amanda 8:30p

SPIN.*
Sarah 9:00p

THU

SPIN.*
Deb 5:00p

AQUA ZUMBA.
Rachel 5:15p

TBT
Catie 5:30p

STRENGTH SPIN.*
Paula 6:00p

ZUMBA.
Dexter 6:30p

TRX.*
Crystal 6:45p

BASIC YOGA
Sophia 7:00p

TABATA
Allison 7:30p

SPIN.*
Kit 7:45p

Ashtanga
Claire 8:00p

INSANITY.
Jenn 8:30p

FRI

TRX.*
Olivia 12:00p

TRIPLE THREAT*
Julia 1:00p

ZUMBA.
Ally 2:00p

SUN

NETFLIX NIGHT*
Julia 6:00-7:00p

ZUMBA.
Paula 7:00p

YOGA.
Claire 9:00p

FREE

FREE

FREE

FREE

CLASSES 45 MIN UNLESS OTHERWISE NOTED
***REQUIRE RESERVATION**
8/29- 12/2
9/1, 9/5, 9/6 11/23- 11/27
9/7
9/11
NO CLASSES
PASSES REQUIRED
SUNDAY CLASSES START
CHECK WEBSITE FOR CANCELLATIONS OR UPDATES
gvsu.edu/rec
616-331-IREC
rec@gvsu.edu

Yoga

Join us for a yoga class that will help you to relax and reduce stress through stretches and breathing exercises to help you get through the week. Yoga mats, blocks, straps, blankets, and foam rollers may be used over the course of the semester in this class.

Beginning Yoga

Beginning Yoga will introduce all aspects of traditional yoga with additional time for restorative (holding) poses and dynamic (moving) poses and meditation. This IS NOT a one time class. We encourage you to attend consistently to develop your own practice and grow as a group! *This class is not required in order to attend any of the other offered yoga classes*

Ashtanga Yoga

Ashtanga yoga is a shortened form of the Primary series. It is a specific flow of postures to build heat, burn toxins, and improve strength and flexibility that remain consistent in each class. It includes postures that focus on opening up shoulders and hips, as well as engaging all muscles of the body throughout the practice. It is a great class for both cardio and strengthening and is great for beginners and advanced students alike.

Power Yoga

An energizing and athletic practice using a set sequence of postures to stretch, strengthen, and detoxify the body and quiet the mind. You will build endurance as well as strength and flexibility in this class. Yoga mats, resistance straps, yoga straps, blankets, or foam rollers may be used over the course of the semester in this class.

Yoga Flow

A dynamic flowing style of yoga that links breath and movement through a heat building sequence of postures. Expect to move more quickly through poses than your traditional yoga class. Yoga mats, blocks, straps, blankets, and foam rollers may be used over the course of the semester in this class.

PiYo (Pilates & Yoga)

This class incorporates both Pilates and yoga into one class to strengthen, stretch and then relax the entire body. Yoga blocks, yoga mats, Pilates rings, resistance straps, yoga straps, or foam rollers may be used over the course of the semester in this class.

Basic Yoga

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

Vinyasa Yoga

Vinyasa is a flowing, dynamic yoga practice that cultivates presence by connecting movement with breath. Most classes feature several elements of traditional yoga—including sun salutations, standing poses, preparation for arm balances, dynamic stretching, and pranayama (breathwork). This practice will build strength, aid balance, while reducing stress and increasing vitality.

ZUMBA®

ZUMBA® is a fusion of Latin and International music and dance themes that create a dynamic, exciting, and effective fitness class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

INSANITY®

INSANITY® uses MAX Interval Training, which replaces traditional moderate-intensity exercise with maximum-intensity exercise, and trades short intervals of intensity for short periods of rest. Join our certified instructors for the popular INSANITY® workout in a fun group environment!

Bootcamp

Bootcamp will provide a mix of traditional body weight exercises as well as interval training and strength training. Expect a high intense workout utilizing your body weight and various fitness equipment. All fitness levels welcome!

G3 (Glutes, Guts, & Guns)

Develop a strong core, gluteus, and toned arms by utilizing equipment and your own body weight. Expect a combined strength and cardio workout! Equipment that may be used over the course of the semester includes weighted bar, hand weights resistance bands, towels, mats, stability balls, and steps.

TurboKick®

TurboKick® is a class that utilizes movements from kickboxing, boxing, and hip hop style moves to create a constant “party” while you workout. This fast paced, high-energy class is pre-choreographed and will keep you coming back for more!

TBT (Total Body Toning) Condition your entire body to improve all aspects of physical fitness. This is a cardiovascular and strength based class for participants that wish to challenge themselves. Expect a workout that combines movements from instructor’s cardio choice, resistance training, and core work! This is an excellent change from your regular treadmill and elliptical regimen. Equipment that may be used over the course of the semester includes weighted bar, hand weights, resistance bands, towels, stability balls, mats, and steps and more.

Functional Fitness

Experience functional movement training emphasizing the 8 primal movements towards total body strength and balance. Come check out the newest trend in fitness, functional movement! Various exercise equipment will be used in this class.

Cardio Hip Hop

This is a dance-based class that breaks down choreographed routines, step-by-step. Perfect for anyone who likes to dance, have a little extra fun when working out, and sweat! Move to today’s latest beats and try Cardio Hip Hop out!

RIPPED®

R.I.P.P.E.D.™ is a total body workout utilizing resistance and cardio training, combining Resistance, Intervals, Power, Plyometrics, Endurance and Diet components into a routine that is enjoyable, accessible and highly effective. The constantly changing format of the R.I.P.P.E.D. workout ensures maximum results, with participants burning 750-1000 calories in a single 50-minute workout. By stimulating different energy systems and muscle groups in each segment, and mixing up the routine every few minutes, R.I.P.P.E.D. keeps your body guessing and improving, and keeps your mind engaged. R.I.P.P.E.D. is constantly challenging but never, ever boring.

Tabata

Tabata training is a unique and revolutionary approach to successfully lose weight and build muscle in minimal time. You not only burn calories during the exercise, but your body keeps burning extra calories for the next 24 to 48 hours. Expect high intensity bouts of exercise followed by short periods of rest.

FIELD HOUSE DANCE STUDIO

TRX®

Build your core, increase muscular strength and endurance, and work on your flexibility and balance with the TRX® Suspension trainer. TRX® training is effective for any fitness level as it focuses on using your body weight against gravity. Join us to have some fun on the suspension trainer and learn the 100’s of exercises you can do on just one piece of equipment!

TRX® Strength

TRX Strength will be a class focused on building strong upper body, lower body and core muscles all on the TRX straps! Feel the burn and come to TRX Strength!

TRX® Circuit

TRX circuit is similar to a traditional TRX class but you can expect to always be moving! Various fitness equipment, body weight exercises, and even the track will be used in this class! Let’s get moving!

KELLY FAMILY SPORTS CENTER TRACK

FIELD HOUSE POOL

Aqua Zumba®

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba classes blend it all together into a workout that’s cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

CLASS DESCRIPTIONS

REC CENTER INSTRUCTIONAL FITNESS STUDIO

SPIN®

SPIN® classes use a stationary indoor bike to create a simulated bike ride. The instructor will lead riders through hills, flats, intervals and more to create a safe, effective, and fun cardiovascular workout.

Intro to SPIN®* (Beginner Class, only need to attend once)

Intro to SPIN® classes are recommended for those who are new to SPINNING® so riders will learn how to set up their bike, monitor exercise intensity, and use resistance and cadence to vary their workout intensity. This class is a 45 minute tutorial class that is HIGHLY recommended but not required to anyone new to SPINNING® to ensure safety and maximum fitness results. Welcome to Spinning! Intro to SPIN will become a regular SPIN class half way through the semester.

Strength SPIN®

Steady, consistent pedaling with moderate to heavy resistances to develop the lower body muscles and challenge the cardiovascular system to promote power. This class is ideal for becoming a stronger rider, as well as building to your already established fitness base. Exercise intensity: 75-85% maximum heart rate.

SPIN®/Yoga

Come get the best of both worlds at SPIN/Yoga! This class incorporates all that you love about a traditional SPIN class while including a fantastic Yoga portion as well. Time for relaxation and meditation will be allowed at the end of the class. You don’t want to miss out!

SPIN® + Core

This fused SPIN + Core class promises to build a strong core while including an enjoyable SPIN ride that all fitness levels can enjoy! Some small equipment such as mats, dumbbells, or stability balls may be used in this class.

Netflix Night SPIN

Come enjoy our brand new studio that includes a projector screen! And what use is better than watching Netflix while spinning? This class will play a variety of different shows and movies that everyone can enjoy throughout the ride. Suggestions are welcome! Join the fun!

Endurance SPIN

Endurance SPIN is intended to challenge and strengthen the cardiovascular system. This class can be catered to any fitness level, beginner or pro! Let’s get that heart rate up and build endurance!

Interval SPIN

This class will involve increasing and decreasing the heart rate by following periods of intense activity with active recovery. Interval training is a critical component of any training program, you don’t want to miss out!

Triple Threat

Three dynamite formats packed into one intense class! If you are somebody that likes variety, then you will love the spontaneity of this class because it can change at any time! It will be a combination of strength, cardio and core - but every week will be a surprise! SPIN bikes, kettlebells, dumbbells, resistance bands, jump ropes, medicine balls and more may be utilized in this class.

SPIN/TRX

Check out this duo class for double the workout and double the fun! Enjoy a class that includes a challenging and effective SPIN ride combined with strengthening exercises on the TRX! All experience levels welcome, come learn the ins and outs of two amazing formats. See you at SPIN/TRX!