

# Winter 2014

Purchase your pass online  
[www.gvsu.edu/rec/groupepx](http://www.gvsu.edu/rec/groupepx)  
 classes run January 13 - April 11

# campus recreation group exercise

sunday

Time	Class	Instructor	Location
5:00 - 6:00PM	Happy Hour	Rotating	Kelly Family Sports Center - MPR

monday

4:30 - 5:15PM	Intro to Spin®	Deb	Spin Studio
5:30 - 6:30PM	Spin® & Sculpt	Emily	Spin Studio
6:00 - 6:45PM	TurboKick	Hillary	Dance Studio
6:15 - 7:00PM	PiYo	Rachel	Kelly Family Sports Center - MPR
6:30 - 7:15PM	Yoga Flow*	Melissa	Downtown at CHS - Room 357
7:00 - 7:45PM	Zumba®	Hannah	Dance Studio
7:00 - 7:45PM	TRX®	Hillary	Kelly Family Sports Center - Track
7:15 - 8:00PM	Pilates	Rachel	Kelly Family Sports Center - MPR
7:30 - 8:15PM	Strength Spin®	Maddy	Spin Studio
8:15 - 9:00PM	Circuit Training	Alisha	Dance Studio
8:15 - 9:00PM	Yoga Flow	Tara	Kelly Family Sports Center - MPR

tuesday

5:00 - 5:45PM	Spin®	Ouen	Spin Studio
6:00 - 6:45PM	Total Body Conditioning	Carrie	Dance Studio
6:00 - 7:15PM	Spin® & Yoga	Ouen	Spin Studio
7:00 - 7:45PM	TurboKick	Eunice	Dance Studio
7:15 - 8:00PM	Yoga Flow	Brooke	Kelly Family Sports Center - MPR
7:00 - 7:45PM	TRX® Cardio + Core	Alisha	Kelly Family Sports Center - Track
8:00 - 8:45PM	Body Bootcamp	Eunice	Dance Studio
8:15 - 9:00PM	Insanity®	Natalie	Kelly Family Sports Center - MPR
9:00 - 9:40PM	Zumba®	Hannah	Dance Studio

wednesday

5:30 - 6:15PM	Interval Spin®	Emily	Spin Studio
6:00 - 6:45PM	Zumba®	Ashton	Dance Studio
6:15 - 7:00PM	Insanity®	Natalie	Kelly Family Sports Center - MPR
6:30 - 7:15PM	Spin®	Lee	Spin Studio
7:15 - 8:00PM	Yoga Flow + Meditation	Shannon	Kelly Family Sports Center - MPR
7:00 - 7:45PM	TRX® Fusion	Emily	Kelly Family Sports Center - Track
7:30 - 8:15PM	Body Bootcamp	Lee	Dance Studio
7:30 - 8:15PM	Interval Spin®	Maddy	Spin Studio
8:00 - 8:45PM	TRX®	Alisha	Kelly Family Sports Center - Track
8:15 - 9:00PM	Power Yoga	Brooke	Kelly Family Sports Center - MPR

thursday

4:30 - 5:15PM	Spin®	Laura K.	Spin Studio
5:30 - 6:15PM	G3	Carrie	Dance Studio
6:15 - 7:00PM	Power Yoga	Tara	Kelly Family Sports Center - MPR
7:00 - 7:45PM	LakerFit	Laura	Kelly Family Sports Center - Track
8:00 - 8:45PM	Fitness Fusion	Laura H.	Dance Studio
9:00 - 9:30PM	Core Conditioning	Laura H.	Dance Studio

friday

2:00 - 3:00PM	Happy Hour!	Rotating	Dance Studio
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## PLEASE NOTE THE FOLLOWING:

\*NO classes will be held during Spring Break OR on MLK Day

\* Intro classes **only last 4 weeks, then become SPIN®**

\* Check online for class descriptions

\* SPIN®/Functional Fitness classes require reservations

\* Schedule is subject to change.

\* Please check Online at [www.gvsu.edu/rec](http://www.gvsu.edu/rec) for updated schedule.

\* You must provide your own yoga mat for downtown classes



GRAND VALLEY  
 STATE UNIVERSITY  
 CAMPUS RECREATION



[www.gvsu.edu/rec](http://www.gvsu.edu/rec)  
[rec@gvsu.edu](mailto:rec@gvsu.edu)  
 616.331.3659  
 @GVSUCampusRec

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[www.gvsu.edu/rec/grouplex](http://www.gvsu.edu/rec/grouplex)  
 classes run January 13 - April 11

# campus recreation group exercise

## GroupX

Classes are located in the Dance Studio of the Fieldhouse

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00 - 3:00PM					Happy Hour Rotating
5:30 - 6:15PM				G3 Carrie	
6:00 - 6:45PM	TurboKick Hillary	Total Body Conditioning Carrie	Zumba® Ashton		
7:00 - 7:45PM	Zumba® Hannah	TurboKick Eunice			
7:30 - 8:15PM			Body Bootcamp Lee		
8:00 - 8:45PM		Body Bootcamp Eunice		Fitness Fusion Laura H.	
8:15 - 9:00PM	Circuit Training Alisha				
9:00 - 9:30PM		Zumba® Hannah (40 Minutes)		Core Conditioning Laura H.	

## Mind/Body

Classes are located in the Multipurpose Room of the Kelly Family Sports Center.

	Monday	Tuesday	Wednesday	Thursday	Sunday
5:00 - 6:00PM					Happy Hour Rotating Instructors
6:15 - 7:00PM	PiYo Rachel			Power Yoga Tara	
6:30 - 7:15PM	Yoga Flow Melissa <i>Downtown CHS 357</i>				
7:15 - 8:00PM	Pilates Rachel	Yoga Flow Brooke	Yoga Flow + Meditation Shannon		
8:15 - 9:00PM	Yoga Flow Tara		Power Yoga Brooke		

## SPIN®

Classes are located in the SPIN Studio of the Rec Center  
 These classes require a **BIKE RESERVATION ONLINE!**

	Monday	Tuesday	Wednesday	Thursday
4:30 - 5:15PM	Intro to Spin® Deb			Spin® Laura K.
5:00 - 5:45PM		Spin® Ouen		
5:30 - 6:30PM	Spin® & Sculpt Emily		Interval Spin® Emily (45 min.)	
6:00 - 7:15PM		Spin® + Yoga Ouen		
6:30 - 7:15PM			Spin® Lee	
7:30 - 8:15PM	Strength Spin® Maddy		Interval Spin® Maddy	

## Functional Fitness

Classes are located on the track level of the Kelly Family Sport Center. ALL classes require a **RESERVATION ONLINE!**

	Monday	Tuesday	Wednesday	Thursday
6:15 - 7:00PM			Insanity® Natalie (Multipurpose Room)	
7:00 - 7:45PM	TRX® Hillary	TRX® Cardio + Core Alisha	TRX® Fusion Emily	LakerFit Laura
8:00 - 8:45PM			TRX® Alisha	
8:15 - 9:00PM		Insanity® Natalie		

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