

Winter 2014

Purchase your pass online
www.gvsu.edu/rec/groupex
 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 |
|---------------|-------------|----------|--------------|

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 for updated schedule.

* You must provide your own yoga mat for downtown classes



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 STATE UNIVERSITY
 CAMPUS RECREATION



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 rec@gvsu.edu
 616.331.3659
 @GVSUCampusRec

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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 Downtown CHS 357 | | | |
| 7:15 - 8:00PM | Pilates Rachel | Yoga Flow Brooke | Yoga Flow + Meditation Shannon | |
| 8:15 - 9:00PM | Yoga Flow Tara | | Power Yoga Brooke | |



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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 |
| 8:00 - 8:45PM | | | LakerFit Laura |
| 8:15 - 9:00PM | | Insanity® Natalie | |

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