

# WINTER 2017



## MON

## TUE

## WED

## THU

## FRI

## SUN

**INTRO SPIN.\***  
Deb 4:30p

**INSANITY.**  
Catie 5:00p

**SPIN & YOGA\***  
Ouen 5:30-6:30p

**TURBOKICK.**  
Hillary 6:30p

**ENDURANCE SPIN.\***  
Sarah 6:45-7:45p

**FLEXIBLE YOGA**  
Ouen 7:00p

**TRX. CORE\***  
Olivia 7:15-7:45p

**RIPPED.**  
Hillary 7:30p

**YOGA**  
Claire 8:00p

**ZUMBA.**  
Paula 8:30p

**SPIN.\***  
Patrick 8:45p

**Zumba.**  
Dexter 9:15p

**YOGA**  
Claire 9:30p

**FREE** →

**FREE** →

**SPIN & TRX.\***  
Amy 4:30p

**INSANITY.**  
Jenn 4:45p

**KICKBOXING**  
Julia 5:45p

**TRX. STRENGTH**  
Tess 6:30p

**G3**  
Meg/Jenn 6:45p

**SPIN. STRENGTH\***  
Julia 7:00p

**PiYo.**  
Shannon 7:15p

**ZUMBA.**  
Amanda 8:00p

**SPIN.\***  
Paula 8:15p

**SLOW FLOW.\***  
Shannon 8:15p

**YOGA**  
Claire 9:30p

**FREE** →

**INTERVAL SPIN.\***  
Kit 5:15p

**HIIT**  
Allison 5:30p

**TRX.\***  
Olivia 6:15p

**CARDIO HIPHOP**  
Paula 6:30p

**SPIN.\***  
Sarah 6:45p

**VINYASA**  
Natalie 7:00p

**INSANITY.**  
Catie 7:30p

**POWER YOGA**  
Natalie 8:15p

**ZUMBA.**  
Amanda/Dexter 8:30p

**SPIN.\***  
Patrick 8:45p

**SPIN.\***  
Deb 4:30p

**STRENGTH SPIN.\***  
Paula 5:45p

**INSANITY.**  
Jenn 6:00p

**RESTORATIVE YOGA**  
Sophia 6:15p

**TRX.\***  
Crystal 6:45p

**ZUMBA.**  
Ally 7:00p

**YOGA INVERSIONS**  
Claire 7:15p

**SPIN.\***  
Kit 8:00p

**G3**  
Allison 8:15p

**TRIPLE THREAT\***  
Julia/Paula 1:30-2:30p

**CARDIO CORE**  
Meg 3:00p

**SPIN.\***  
Kit 6:00p

**YOGA**  
Sophia 7:30p

**FREE** →

**CLASSES 45 MIN UNLESS OTHERWISE NOTED**

**\*REQUIRE RESERVATION TRY IT BEFORE YOU BUY IT**

**CLASSES RUN**

**NO CLASSES**

**NO KTB CLASSES**

**CHECK WEBSITE**

**FOR CANCELLATIONS**

**OR UPDATES**

1/9-1/15  
1/9-4/14  
1/16, 3/5-3/12  
3/22-3/23

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



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GRAND VALLEY STATE UNIVERSITY

# REC

**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.

**Flexible 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\*

**Yoga Inversions**

Come have some fun upside down! In this class you will be guided through a beginning warm-up series to help build some heat before the class transitions into a "work-shop" mode. You will have the opportunity to work one-on-one with an instructor on inversions such as head-stand, hand-stands, and fore-arm stands. This class provides you with the opportunity for safe and guided break downs of postures, helpful exercises, and personal guidance to help you with your form in any posture you would like to work on (not limited to inversions). No prior experience in inversion practice is needed.

**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.

**Slow Flow**

Learn more about the techniques of the asanas in "Slow Flow". This is a vinyasa style class where postures are held longer to allow for time to understand and feel how the body should be aligned. Yoga mats, yoga blocks, yoga straps, and blankets will be available to participants for use in this class. This class is great for Beginner to Intermediate yogis.

**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.

**Restorative Yoga**

This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle yoga and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress.

**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!

**HIIT**

High Intensity Interval Training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This class can be tailored to any fitness level, so join us for a 30 min sweat sesh!

**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!

**Kickboxing**

A cardio and strength based kickboxing class including both upper and lower body training. Everything from kick punches to drills and weight training this class is perfect for anyone, beginner or expert!

**Cardio Core**

Improve your overall cardiovascular fitness while strengthening your core at Cardio & Core! This class ensures to get your heart rate up and deliver a fun and effective workout. Some equipment will be used such as steps, dumbbells, jump ropes and more!

**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.

**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.

**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® Core**

Take it to the next level with TRX Core! Using the TRX suspension trainers we will challenge and strengthen your core muscles. Come ready for a high intensity and up beat class!

**KELLY FAMILY SPORTS CENTER TRACK**

**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.

**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!

**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.

**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!

**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.

**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® 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 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!

**SPIN® Strength**

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.