

FALL 2022

GROUP FITNESS CLASS SCHEDULE

M

T

W

TH



CYCLE

7:00-7:45am



CYCLE

7:00-7:45am

**HATA
YOGA**
1:30-2:15pm



**HATA
YOGA**
1:30-2:15pm



S.W.E.A.T
4:00-4:45pm

Body Tone

5:00-5:45pm

S.W.E.A.T
4:00-4:45pm

Body Tone

5:00-5:45pm



**STEP
AEROBICS**
6:15-7:00pm



**STEP
AEROBICS**
6:15-7:00pm

YOGA
7:15-8:00pm



YOGA
7:15-8:00pm



HIP HOP
8:15-9:00pm



HIP HOP
8:15-9:00pm



CARDIO

STRENGTH

DANCE

MIND BODY

SIGN UP ON THE CAMPUS REC APP

RECPORAL.TAMUC.EDU



CLASS DESCRIPTIONS

Hip Hop - Get your dance on without even realizing it. This class simplifies fun hip hop movements for all dance levels to enjoy.

Body Tone - Fun, low impact, full body exercise using controlled movement that enhance your balance, core strength, mobility, and flexibility.

Cycle - Get ready for the ride of your life! This 45-minute class is guaranteed to make you sweat and get your heart rate up! Blast through hills, sprints, flats, rounds, and other various terrains for an authentic cycle experience.

Step Aerobics - Spice up your cardio workout! This high-energy class done to choreographed cardiovascular exercises targets different muscle groups while increasing endurance and body toning. Step it up and down to the sound of your favorite beats!

S.W.E.A.T - This class is a fun, hype, full body workout using a variety of movements focusing on total body conditioning.

Yoga - Explore the practice of yoga to strengthen, tone, and gain flexibility. Join us on a journey to find a calm and relaxed mind in a safe space where all levels are welcome!

Hatha Yoga - Move your body slowly and deliberately into different poses that challenge your breathing and flexibility, while at the same time focusing on relaxation and mindfulness.

CARDIO

STRENGTH

DANCE

MIND BODY