

SCHEDULE DATES: AUGUST 25th – OCTOBER 10th

No Classes September 1st (Labor Day)

GROUP X SCHEDULE

Time	Class	Instructor	Location
Monday			
6:30-7:15am	Sunrise Cycle	Shauna	Studio 1
12:10-1:00pm	Power Pump	Mandy	Studio 2
4:30-5:15pm	Turbo Kick	Holly	Studio 2
5:30-6:15pm	Trim 'n' Tone	Marg	Studio 1
5:30-6:15pm	PiYo Strength	Holly	Studio 2
5:30-6:15pm	Aqua Combo	Katie	Reid Pool
6:25-6:40pm	Ab Attack	Joanna	Studio 1
6:45-7:30pm	Butts & Guts	Joanna	Studio 1
6:30-7:30pm	Yoga	Erica	Studio 2
Tuesday			
7:00-7:45am	Yoga	Erica	Studio 2
12:10-12:50pm	PiYo Strength	Mandy	Studio 2
4:30-5:15pm	H.I.I.T.	Shauna	Studio 2
5:30-6:15pm	Tabata	Lauren	Studio 1
5:30-6:15pm	Aqua Combo	Jamie	Reid Pool
5:30-6:20pm	Power Pump	Brandon	Studio 2
6:45-7:30pm	Zumba	Kathryn	Studio 1
6:45-7:30pm	Pilates	Lauren	Studio 2

Time	Class	Instructor	Location
Wednesday			
12:10-12:50pm	Yoga	Kellie	Studio 2
3:00-3:45pm	Tabata	Julia	Studio 2
4:30-5:15pm	Cardio Dance	Larissa	Studio 2
5:30-6:15pm	Cycle Challenge	Joanna	Studio 1
5:30-6:15pm	Pilates	Ali	Studio 2
5:30-6:15pm	Aqua Combo	Katie	Reid Pool
6:25-6:40pm	Ab Attack	Ali	Studio 2
6:45-7:30pm	Cardio Blast	Lauren	Studio 1
Thursday			
12:10-12:50pm	Bootcamp	Jackie	Studio 2
4:45-5:15pm	Upper Body Blast	Mandy	Studio 2
5:30-6:15pm	Zumba	Brandon	Studio 1
5:30-6:15pm	Yoga	Erin	Studio 2
5:30-6:15pm	Aqua Combo	Jamie	Reid Pool
6:45-7:30pm	F.I.T.	Julia	Studio 2
Friday			
12:10-12:50pm	Xpress Cycle + Abs	Joanna	Studio 1
3:00-3:45pm	Zumba	Kathryn	Studio 1
4:00-4:45pm	Butts & Guts	Joanna	Studio 2

CLASS DESCRIPTIONS

AB ATTACK | The ab class you have been waiting for with some back exercises to balance out your muscles.

AQUA COMBO | Combination of shallow water and deep water exercises (buoyancy belts provided).

BUTTS & GUTS | Hit both areas in this dynamic sculpt class.

BOOTCAMP | Work your body head to toe with cardio and strength training exercises designed to enhance agility, speed, and strength.

CARDIO BLAST | A mix of interval cardio core challenges to meet the needs of all fitness levels.

CARDIO DANCE | Dance your way into cardiovascular fitness in this high energy, upbeat class.

CYCLE CHALLENGE | Cycle your way to cardiovascular and muscular endurance in this interval-based cycle class.

FULL BODY INTERVAL TRAINING (F.I.T.) | A class designed around high-intensity intervals to improve your muscular and cardiovascular endurance.

HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.) | A total body, heart pumping, cardio and strength conditioning workout.

PILATES | Mat-based class to improve core stability, muscle control, strength, and flexibility.

PIYO STRENGTH | This class fuses strength conditioning, pilates, yoga, and balance for a total body workout.

POWER PUMP | A structured strength class utilizing a barbell and weight plates to tone and strengthen.

SUNRISE CYCLE | Cycle your way into the day in this interval-based cycle class.

TABATA | Intense athletic conditioning class to challenge even the most active participants.

TRIM 'N' TONE | Burn fat and tone up in this interval based cardio/strength combination.

TURBOKICK | This kickboxing class is the ultimate challenge, choreographed to high energy and motivational music.

UPPER BODY BLAST | This upper body muscle conditioning class targets the chest, back, shoulders, biceps, and triceps.

YOGA | Learn the asanas (postures) for a better understanding of yoga benefits.

XPRESS CYCLE + ABS | Boost your energy with 25 minutes of cycling followed by 15 minutes of core strengthening exercises and stretching.

ZUMBA | Add some zest to your workout routine with fast and slow Latin & Hip Hop rhythms with easy-to-follow moves.

Interested in being a Group Exercise Instructor or Personal Trainer?

Contact Mandy Dockendorf at aldockendorf@wcu.edu for more information.

Mind-Body Experiments*
Self-Defense
Wednesday, September 24
7-8pm, Studio 2

*Mind-Body Experiments are open to all WCU community with valid catcard.

Visit our website for more information:
reccenter.wcu.edu

828.227.7069



Campus Recreation
& Wellness