

SCHEDULE DATES: AUGUST 28th — OCTOBER 13th

No Classes September 2nd-4th (Labor Day)

GROUP X SCHEDULE

MONDAY

Time	Class	Instructor	Studio
6:30-7:15am	Wake Up and Cycle	Ashley H	Studio 1
12:15-12:45pm	Upper Body Blast	Kellie	Studio 2
4:45-5:15pm	Lower Body Blast	Madelyn	Studio 2
5:30-6:15pm	Zumba	Joanna	Studio 1
5:30-6:15pm	Yoga	Mandy	Studio 2
5:30-6:15pm	Aqua Fit	Amber	Reid Pool
6:25-6:40pm	Ab Attack	Ashley L	Studio 2
6:30-7:30pm	Cycle 'n' Lift	Jennifer	Studio 1
6:45-7:15pm	Tabata	Ashley L	Studio 2

TUESDAY

Time	Class	Instructor	Studio
7:00-7:45am	Sunrise Yoga	Mandy	Studio 2
12:15-12:45pm	Xpress Bootcamp	Madelyn	Studio 2
12:30-1:10pm	Zumba	Sloan	Studio 1
5:30-6:15pm	Cycle Challenge	Taylor	Studio 1
5:30-6:15pm	Fit RX	Devyn	Studio 2
5:30-6:15pm	Aqua Fit	Amber	Reid Pool
6:45-7:30pm	Total Body Fusion	Mackenzie	Studio 2

WEDNESDAY

Time	Class	Instructor	Studio
6:30-7:15am	Lower Body Blast	Madelyn	Studio 2
12:15-12:45pm	Yoga	Mandy	Studio 2
4:45-5:15pm	Upper Body Blast	Carrie	Studio 2
5:30-6:15pm	Circuit Training	Devyn	Studio 1
5:30-6:15pm	Pilates	Katie	Studio 2
5:30-6:15pm	Aqua Zumba	Sloan	Reid Pool
6:25-6:40pm	Ab Attack	Carrie	Studio 2

THURSDAY

Time	Class	Instructor	Studio
12:15-12:45pm	Xpress HIIT	Shauna	Studio 2
5:30-6:15pm	Barre	Jennifer	Studio 1
5:30-6:15pm	PiYo Strength	Holly	Studio 2
5:30-6:15pm	Aqua Fit	Olivia	Reid Pool
6:30-7:15pm	Cardio Blast	Allison	Studio 2

FRIDAY

Time	Class	Instructor	Studio
12:15-12:45pm	Xpress Cycle	Taylor / Jen	Studio 1
3:00-3:45pm	PiYo Strength	Ashley H	Studio 2

SUNDAY

Time	Class	Instructor	Studio
5:00-5:45pm	Shape up Sunday	Rotation	Studio 1

CLASS DESCRIPTIONS

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

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

AQUA ZUMBA | An aqua workout that's cardio-conditioning, body-toning, and exhilarating.

BARRE | A basic introductory barre class with moves that will challenge your core stability and balance.

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

CIRCUIT TRAINING | Work in a circuit of multiple, timed cardio and resistance exercise stations that will keep you moving. Great for total conditioning!

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

CYCLE 'N' LIFT | Cycle your way into cardiovascular fitness while building muscular endurance on and off the bike!

FIT RX | This total body class is the perfect prescription to get you totally fit! The balance of cardio, weights, and repetition will have you feeling and looking great!

LOWER BODY BLAST | Focus on strengthening your lower body and core in this dynamic sculpt class.

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.

SHAPE UP SUNDAY | Each Sunday will bring a different class format with a different instructor.

SUNRISE YOGA | Gently wake up your muscles and energize your mind and body to get yourself ready for the day.

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

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

TOTAL BODY FUSION | This total body class utilizes different formats and equipment to keep your workout challenging.

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

XPRESS BOOTCAMP | Maximize your workout in this 30 minute high-intensity class.

XPRESS CYCLE | Boost your energy with 30 minutes of cycling.

XPRESS HIIT | This 30 minute class is a total body, heart pumping, cardio and strength conditioning workout.

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

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



Campus Recreation
and Wellness

Catamount Fit

Starts September 11

5:30-6:30pm | CRC Gym Court 2

* Register @ the CRC front desk

Mind-Body Experiments

Self Defense

Wednesday, September 20th

7:00-8:00pm, Studio 2

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

Visit our website for more information:
reccenter.wcu.edu
828.227.7069

