

SCHEDULE DATES | January 20th — March 6th

Time	Class	Instructor	Location
Monday			
6:30-7:15am	Sunrise Cycle	Shauna	Studio 1
12:10-12:50pm	PiYo Strength	Mandy	Studio 2
4:30-5:15pm	Step	Holly	Studio 1
5:30-6:15pm	Turbokick	Holly	Studio 1
5:30-6:30pm	Yoga	Erica	Studio 2
5:30-6:15pm	Aqua Combo	Gracie	Reid Pool
6:25-6:40pm	Ab Attack	Lauren	Studio 1
6:45-7:30pm	Butts & Guts	Joanna	Studio 2
6:45-7:30pm	Cardio Plus	Lauren	Studio 1
8:00-8:45pm	Zumba	Claire	Studio 1

Tuesday			
12:10-12:50pm	Zumba	Sloan	Studio 1
4:45-5:15pm	Upper Body Blast	Mandy	Studio 2
5:30-6:15pm	Tabata	Joanna	Studio 1
5:30-6:15pm	Yoga	Erin	Studio 2
5:30-6:15pm	Aqua Combo	Katie	Reid Pool
6:45-7:30pm	Pilates	Lauren	Studio 2

Time	Class	Instructor	Location
Wednesday			
6:30-7:15am	Sunrise Cycle	Gracie	Studio 1
12:10-12:50pm	Power Yoga	Kellie	Studio 2
4:30-5:15pm	Cardio Dance	Larissa	Studio 2
5:30-6:15pm	Butts & Guts	Gracie	Studio 1
5:30-6:15pm	PiYo Strength	Marg	Studio 2
5:30-6:15pm	Aqua Combo	Brandon	Reid Pool
6:25-6:40pm	Ab Attack	Gracie	Studio 1
6:45-7:30pm	Trim 'n' Tone	Joanna	Studio 2

Thursday			
8:00-8:45am	Yoga	Erica	Studio 2
12:10-12:50pm	Boot Camp	Jackie	Studio 2
4:30-5:15pm	Pilates	Ali	Studio 2
5:30-6:15pm	Cycle Challenge	Gracie	Studio 1
5:30-6:20pm	Power Pump	Brandon	Studio 2
5:30-6:15pm	Aqua Combo	Jamie	Reid Pool
6:45-7:30pm	Zumba	Claire	Studio 2

Friday			
12:10-12:50pm	Xpress Cycle + Abs	Joanna	Studio 1
3:00-3:45pm	Pilates	Ali	Studio 2
4:00-4:45pm	Zumba	Claire	Studio 1

Saturday			
11:00-Noon	Shape up Saturday	Rotation	Varies

GROUP X SCHEDULE

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.

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

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

CARDIO PLUS | Intervals of cardio and strength moves to challenge and meet the needs of all fitness levels.

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

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

POWER YOGA | A more intense yoga challenge using poses in an active flow series.

SHAPE UP SATURDAY | Each Saturday will bring a different class format with a different instructor.

STEP | This high energy class uses simple moves to get your heart rate up and body moving.

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.

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

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.

Group X Instructor Training
Saturday, January 31st
1-6pm, CRC Conference Room

For More Info & Registration
Contact Mandy Dockendorf at
aldockendorf@wcu.edu

Mind-Body Experiments

Mastering Your Energy
Wednesday, February 25th
7-8pm, Studio 1

*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



**Campus Recreation
& Wellness**