



J-Term GroupX Schedule

JANUARY 2025

January 6th-January 17th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						4
5	6	7	8	9	10	11
	Zumba 12:15-12:45pm- Roxana	Mav Cycle 12:15-12:45pm -Emma	Core & Strength 12:05-12:35pm-Kate	Barre 12:05-12:45pm-Kathleen	Vinyasa Flow 12:05-12:50pm -Patty	
	Kickboxing 6pm-6:45pm- Shauna	Vinyasa Flow 5:15-6pm-Dominik	Barre 5:15pm-6pm - Lauren			
12	13	14	15	16	17	18
	Zumba 12:15-12:45pm- Roxana	Mav Cycle 12:15-12:45pm -Emma	Core & Strength 12:05-12:35pm-Kate	Barre 12:05-12:45pm-Kathleen	Vinyasa Flow 12:05-12:50pm -Patty	
	Kickboxing 6pm-6:45pm- Shauna	Vinyasa Flow 5:15-6pm-Dominik	Barre 5:15pm-6pm - Lauren			
19	20	21	22	23		
		Spring semester begins. Grab a Spring 2025 GroupX Schedule.				
26	27	28	29	30	Room Key Indoor Cycling, MC 245, 2ND FLOOR Group Exercise 1, MC 130D, 1ST FLOOR Group Exercise 2, MC 244, 2ND FLOOR	

BARRE- Barre delivers a fusion of ballet, Pilates, yoga, and strength training. The class combines small isolated movements that fatigue the muscles quickly and efficiently, along with larger range of motion movements that get your heart rate elevated. With this low impact, high intensity workout, Barre is sure to get you sweating and shaking (in a good way)!

CORE & STRENGTH- This class is a full body workout in 30 minutes, with emphasis on your core. It will use equipment and body weight exercises to work all muscle groups in an efficient and effective manner.

DEEP STRETCH YOGA- Deep Stretch Yoga focuses on a slow progression of poses with an emphasis on holding poses a bit longer to enable the student to explore and soften into each pose. Unwind with connecting the mind, body and breath for relaxation and enhanced flexibility. All levels welcome.

KICKBOXING- Kick, punch, bob, and weave your way to a higher level of fitness! Kickboxing keeps you constantly moving and burning for a full 45 minutes. This high-energy group fitness class is constantly varied, never the same, including bags, bands, and body weight exercises to complete your workout. All levels are welcome!

VINYASA FLOW- Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting the body, mind, and breath. Designed as a moving meditation, every Vinyasa class is unique; creating the opportunity to become stronger, more flexible and balanced, while practicing being present in the moment. All levels are welcome.

INDOOR CYCLING

- Beginners should arrive 5-10 minutes prior to their first class for proper bike set up.
- All classes involve steady, consistent pedaling with heavy resistance at times. All rides promote muscular and cardiovascular development.

MAV CYCLE - Come get a stimulating and challenging workout as we put our own "spin" on the traditional Spinning class! Classes are choreographed and led by certified instructors.

RECOMMENDATIONS FOR ATTENDING GROUP CYCLING CLASS

Participants should bring a towel and water bottle to every class. New participants are encouraged to arrive to class at least 5-minutes before class begins in order to allow time for proper bike set-up.

Our bikes have SPD clips. Participants are welcome to bring cycling shoes that clip into our pedals, but may not remove the pedals and insert their own clips.

GROUP X CLASS POLICIES & ETIQUETTE

- Class space is limited and available on a first come, first serve basis.
- Reserving space is not permitted.
- Please keep conversation to a minimum - Conversing with friends during class is distracting to both the instructor and other members!
- Equipment should be returned to the proper storage area and should not be removed from any GroupX space.
- Please use care when using weights and other equipment to prevent damage to the floors.
- Only water bottles with a secure lid are permitted. No food or gum.

Please be respectful and be on time.

Please download the CMU Rec App for more information and all schedule updates.

<http://www.coloradomesa.edu/rec-center/index.html>

Members 12 years and under are NOT permitted in any GroupX class. Members 13-17 years old may participate with an adult guardian present at all times.