

Summer GroupX Schedule

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	BARRE 12:05-12:45pm-Lauren	FUNCTIONAL FITNESS 8-8:45am-Jana	No GroupX classes July 3-7. Happy 4th! :)			
7	8	9	10	11	12	13
	BARRE 12:05-12:45pm-Lauren	FUNCTIONAL FITNESS 8-8:45am-Jana	CORE & STRENGTH 12:05-12:35pm-Kate	FUNCTIONAL FITNESS 8-8:45am-Jana	SOLO JAZZ 12:05-12:45pm-Misti	MAV CYCLE 10-10:30am-Madie
	VINYASA FLOW 5-5:45pm-Christina	MAV CYCLE 12:15-12:45pm-Emma	MAV CYCLE 5:30-6pm-Madie	VINYASA FLOW 12:05-12:45pm-Patty		
		BARRE 5:30-6:15pm-Lauren				
14	15	16	17	18	19	20
	BARRE 12:05-12:45pm-Lauren	FUNCTIONAL FITNESS 8-8:45am-Jana	CORE & STRENGTH 12:05-12:35pm-Kate	FUNCTIONAL FITNESS 8-8:45am-Jana	SOLO JAZZ 12:05-12:45pm-Misti	MAV CYCLE 10-10:30am-Madie
	VINYASA FLOW 5-5:45pm-Christina	MAV CYCLE 12:15-12:45pm-Emma	MAV CYCLE 5:30-6pm-Madie	VINYASA FLOW 12:05-12:45pm-Patty		
		BARRE 5:30-6:15pm-Lauren				
21	22	23	24	25	26	27
	BARRE 12:05-12:45pm-Lauren	FUNCTIONAL FITNESS 8-8:45am-Jana	CORE & STRENGTH 12:05-12:35pm-Kate	FUNCTIONAL FITNESS 8-8:45am-Jana		MAV CYCLE 10-10:30am-Madie
	VINYASA FLOW 5-5:45pm-Christina	MAV CYCLE 12:15-12:45pm-Emma	MAV CYCLE 5:30-6pm-Madie			
		BARRE 5:30-6:15pm-Lauren				
28	29	30	31			
	BARRE 12:05-12:45pm-Lauren	FUNCTIONAL FITNESS 8-8:45am-Jana	MAV CYCLE 5:30-6pm-Madie			
	VINYASA FLOW 5-5:45pm-Christina	MAV CYCLE 12:15-12:45pm-Emma				
		BARRE 5:30-6:15pm-Lauren				



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.

FUNCTIONAL FITNESS- Functional Fitness is a practical program that emphasizes training movements that mimic everyday activities. Each workout incorporates a variety of movements focused on building strength, flexibility, balance and endurance. Functional fitness is a good way to stay active and fit for your daily life and will help you lead a more functional and healthier lifestyle.

SOLO JAZZ- Solo Jazz and Charleston dance moves taught through choreography. This group dance class will include moves you can follow along with through routines. You can also use what you learned in partner dancing, like East Coast swing and Lindy Hop!

YOGA CLASSES

VINYASA FLOW - Vinyasa yoga is a series of postures, one flowing seamlessly into the next, uniting the body, mind, and breathe. 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

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.

- 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.

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 set-up.

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 please.

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.