

Recreation Center Group Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.						No classes on Saturday
11:30 a.m.				Yoga <i>Kristen</i>		
12:00 p.m.	Self Defense (1 st Monday of the month) <i>Jake</i>		W.O.W <i>Joe</i>			
12:30 p.m.		Functional Training <i>Mary</i>		Functional Training <i>Mary</i>		
5:15 p.m.	CST <i>Mary</i>		Yoga <i>Liz</i>	Cycling <i>Mary</i>		
5:30 p.m.		Zumba <i>Shannon</i>				

***All classes FREE to students and members**

Class Descriptions

CST (Cardio Strength Training): Enhance your strength, cardiovascular health, coordination and range of motion through various weighted and cardio-based exercises.

Cycling: Practice endurance, strength, interval, high intensity, and recovery training while riding a stationary bicycle, this class is combined with other bodyweight movements to enhance functional fitness.

Functional Training: Improve your ability to perform everyday activities by working muscles through the full range of motion using body weight, weighted and stability-challenging exercises.

Self Defense: Learn Krav Maga based defensive techniques that are designed to help build confidence in your ability to get away from a dangerous situation. *Note: this class is **only** the first Monday of each month.*

W.O.W (Women on Weights): Discover new weight training, kettle bell and other fitness exercises. This class is specifically designed for women, but all patrons are welcome.

Yoga: Stretch, tone and strength your mind, body and spirit. This proven stress reducer is wonderful for all ages and fitness levels.

Zumba: Get your sweat on grooving to the beats of Latin-inspired music.

Hours of Operation

Monday – Thursday	6:00am – 8:00pm
Friday	6:00am – 6:00pm
Saturday	7:00am – 3:00pm
Sunday	CLOSED
Some Holidays	CLOSED

Monthly Rates

Student.....	Included in tuition/fees
Alumni.....	\$10 (w/ card)
Staff/Faculty.....	\$18
Community.....	\$20
Couple.....	\$35
Day Pass.....	\$5

*Effective 10/22/2018