

FITNESS SCHEDULE SPRING 2018 January 7 - May 6

START END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am 7:00am	F45 Studio 45 - Jacki A	F45 Studio 45 - Niki H	F45 Studio 45 - Kyle A	F45 Studio 45 - Niki H	F45 Studio 45 - Kyle A	
	Cycle-45-45 Studio A - Chris R		Cycle-45 Studio A - Steph B		Cut+15 Synergy - Steph B	
	HYDRO-Fit Pool - Patrick H				HYDRO-Fit Pool - Patrick H	
6:30am 7:15am		BODYPUMP® Studio A - Emily W		BODYPUMP® Studio A - Haleigh J		
9:00am 9:45am	Silver Splash Pool - Kaitlin S		Silver Splash Pool - Kaitlin S			
10:15am 11:00am	Silver Classic Studio C - Kaitlin S	Silver Stability Studio C - Kaitlin S	Silver Circuit Studio C - Kirsten W	Silver Stability Studio C - Mackenzie V	Chair Yoga Studio C - Felicia D	F45 Studio 45
10:30am 11:30am						BODYPUMP® Studio A
12:15pm 1:00pm	CUT+15 Synergy - Aaron P	CUT+15 Synergy - Patrick H	CUT+15 Synergy - Aaron P	CUT+15 Synergy - Patrick H	Yoga Flow Studio C - Felicia D	
		F45 Studio 45 - JoEllen C		F45 Studio 45 - Riley R	Aquatic Therapy Pool - Brent S	SUNDAY
4:15pm 5:00pm	BODYCOMBAT® Studio A - Haleigh J	NinjaFit Outdoor - Oronde J	BODYCOMBAT® Studio A - April S	NinjaFit Outdoor - Sasha B		F45 Studio 45
5:15pm 6:00pm	XFire Studio X - Drew B		XFire Studio X - Drew B			ZUMBA® Studio B
5:30pm 6:15pm	Barre Fusion Studio C - Tracey H	TRX Yoga Studio X - Felicia D	Barre Fusion Studio C - Tracey H	TRX Yoga Studio X - Jill M		
	F45 Studio 45 - Mark M	F45 Studio 45 - Maggie L	F45 Studio 45 - Aaron P	F45 Studio 45 - Mark M	F45 Studio 45 - Aaron P	
5:30pm 6:30pm	BODYPUMP® Studio A - Maggie L	BODYCOMBAT® Studio B - Tracey H	BODYPUMP® Studio A - Maggie L	BODYCOMBAT® Studio B - Emily F		
6:00pm 6:45pm		Barre Fusion Studio C - April S		Barre Fusion Studio C - April S		
6:15pm 7:15pm	TRX Studio X - Niki H	BODYPUMP® Studio A - Micah O	TRX Studio X - Niki H	BODYPUMP® Studio A - Michele M		
6:30pm 7:15pm	F45 Studio 45 - Tracey H		F45 Studio 45 - Michele M			
6:30pm 7:30pm			BODYCOMBAT® Studio B - Tracey H			
7:00pm 7:45pm	Cycle-45 Studio A - Mark M	HYDRO-Fit Pool - Kirsten W	Cycle-45 Studio A - Rachel H	HYDRO-Fit Pool - Kaitlin S		
	NinjaFit Outdoor - Oronde J	Zumba® Studio B - Francesca K	NinjaFit Outdoor - Emily F	Zumba® Studio B - Tori M		
7:30pm 8:30pm	HYDRO-Yoga Pool - Felicia D	Yoga Flow Studio C - Katie R	HYDRO-Yoga Pool - Brittnay S	Yoga Flow Studio C - Felicia D		
8:00pm 9:00pm	MUve Studio B - Emily F		MUve Studio B - Jacob L			

PREMIUM FITNESS
GROUP FITNESS (FREE W/ MEMBERSHIP)

Get the boutique experience at the Rec with our new Premium Fitness classes. Smaller class sizes, tailored workouts, and new equipment blend together to bring you the ultimate fitness experience.

PREMIUM FITNESS PASS PRICES

	Single	5	10
Student	\$5	\$15	\$25
Member	\$6	\$20	\$30
Non-Mem.	\$16		

Book your spot through our mobile app (Marshall Rec Account) or visit our ProShop to purchase your pass today!

* Classes subject to change *



Contact JoEllen Cornelius for more info.
 304.696.4107 | Corneliusj@marshall.edu
www.marshallcampusrec.com

Group Fitness (Free w/ membership)

Cycle Inferno

Get a full body strength and cardio workout all in one! In Cycle Inferno you'll ride through hills and sprints, then immediately go into a strength circuit. You'll go back and forth and before you know it...you're done!

Cycle-45

This class is 45 minutes of hills, Flats, sprints and everything in between! A challenging class driven by incredible playlists and motivating instructors. Get ready to sweat, work hard and have fun!

MUve

MUve is a fun, energetic dance fitness class for everyone that's designed to focus on strength as much as cardio. The format of this class alternates between working on specific muscle groups while taking cardio breaks, all to songs that are guaranteed to get you pumped and moving! The "U" in MUve is to emphasize that this class is about YOU. So come let us help you meet your fitness goals while MUving to songs that you know and love!!"

ZUMBA

ZUMBA is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

SilverSneakers

We offer Classic, Circuit, Stability, and Splash all meant to improve range of motion, muscle strength, and activities of daily living.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga. You will practice yoga sitting in a chair or standing using the chair for support throughout each Flow.

Yoga Flow

Yoga Flow focuses on linking conscious breath with a vigorous and mindful Flow. You will build strength, Flexibility and concentration while cleansing the body and calming the mind.

CUT+15

Cross training Under Thirty is an all-out circuit style workout that focuses on a particular muscle group each class.

BODYPUMP

Get lean, build strength and tone muscle with BODYPUMP, a group-based barbell class to work all your major muscle groups. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

TRX

Join us for a combination of TRX Strength and Cardio exercises. Build overall strength, balance and Flexibility with this total-body conditioning program

TRX Yoga

Experience the benefits of the TRX trainer and build balance and strength through a fusion of yoga poses. Just like traditional yoga props such as blocks or bolsters, the TRX trainer can be used to support and enhance poses for both beginner and advanced yogis

Premium Fitness

XFIRE

XFire is a high intensity class with a focus on functional movements. Ball slams, sled drags, battle ropes, and sledgehammer swings can all be expected in this fun class; you won't even feel like you are working out!

Hydro-Fit

Get a full body workout all on the water! This class is a low-impact, high intensity, cross training workout performed on an inFlatable SUP board.

Hydro-Yoga

Merging breath and movement to strengthen the body and mind. A yoga Flow performed on an inFlatable SUP board in the water.

BARRE FUSION

Barre Fusion is a combination of ballet, Pilates, and yoga. A challenging non-impact fitness class designed to produce lean, sculpted bodies.

BODYCOMBAT

Join this high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

NINJAFIT

Ninja Fit is a fitness experience inspired by "American Ninja Warrior". Develop overall fitness and athleticism through a multitude of elements and obstacles. All you need is a ninja mindset! Beginners-advanced are welcome. To ensure a safe and comfortable experience for all participants, entry to classes will not be permitted later than 5 minutes past the class start time.

F45

F45 Training combines elements of High-Intensity Interval Training (HIIT), Circuit Training, and Functional Training. The fusion of these three training concepts has led to the development of 27 different, 45 minute workout experiences, with more in development by our F45 Athletics Department. This combination of interval, cardiovascular and strength training has been proven to be the most effective workout method for burning fat and building lean muscle. To ensure a safe and comfortable experience for all participants, entry to classes will not be permitted later than 5 minutes past the class start time.