

FALL 2018

FITNESS SCHEDULE

August 20 - December 15

START END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am 7:00am	F45 Studio 45 - Penlyn C	F45 Studio 45 - Jacki A	F45 Studio 45 - Niki H	F45 Studio 45 - Niki H	F45 Studio 45 - Wesley A	
	Cycle-45 Studio B - Chris R		Cycle-45 Studio B - Steph B		Cut+15 Studio X - Steph B	
6:30am 7:30am		BODYPUMP® Studio A - Rachel W		BODYPUMP® Studio A - Emily W		
9:00am 9:45am	Silver Splash Pool - Mikayla M		Silver Splash Pool - Cindi T			
9:15am 10:00am						F45 Studio 45
10:15am 11:00am	Silver Classic Studio C - Kaitlin S	Silver Stability Studio C - Mikayla M	Silver Circuit Studio C - Kyle A	Silver Stability Studio C - Mikayla M	Chair Yoga Studio C - Teresa	BODYPUMP® Studio A
12:15pm 1:00pm	CUT+15 Synergy - Cody N	CUT+15 Synergy - Aaron P	CUT+15 Synergy - Aaron P	CUT+15 Synergy - Aaron P	Yoga Flow Studio C - Felicia D	
		Hydro-Yoga Pool - Kaitlin S		Hydro-Yoga Pool - Kaitlin S	Aquatic Therapy Pool - Brent S	SUNDAY
4:15pm 5:00pm						F45 Studio 45
5:15pm 6:15pm						30/30 Cycle Yoga Studio B
5:15pm 6:45pm	Kids Fitness South Meeting Room	Kids Fitness Studio X - Drew B	Kids Fitness South Meeting Room	Kids Fitness Studio X - Cody N		
5:30pm 6:15pm	TRX Yoga Studio X - Felicia D	Locomotion Studio C - Penlyn C	TRX Yoga Studio X - Felicia D	Locomotion Studio C - Tracey H		
	F45 Studio 45 - Mark M	F45 Studio 45 - Jeremy B	F45 Studio 45 - Tracey H	F45 Studio 45 - Drew B	F45 Studio 45 - Jeremy B	
5:30pm 6:30pm	BODYPUMP® Studio A - Micah O	BODYCOMBAT® Studio B - Tracey H	BODYPUMP® Studio A - Michele M	BODYCOMBAT® Studio B - Haleigh J		
6:15pm 7:15pm		BODYPUMP® Studio A - Haleigh J		BODYPUMP® Studio A - Maggie L		
6:30pm 7:15pm	BODYCOMBAT® Studio B - Tracey H	Zumba Studio C - Francesca K	BODYCOMBAT® Studio B - Haleigh J	Encore Studio C - April S		
	Cycle-45 Studio B - Michele M		Cycle-45 Studio B - Mark M			
6:45pm 7:30pm		TRX Studio X - Jeremy B		TRX Studio X - Jeremy B		
		Yoga Flow Studio B - Katie R		Yoga Flow Studio B - Sarah D		
7:00pm 7:45pm	NinjaFit Adventure Rec - Emily F		NinjaFit Adventure Rec - Emily F			
7:30pm 8:30pm	HYDRO-Yoga Pool - Felicia D		HYDRO-Yoga Pool - Felicia D			
8:00pm 9:00pm	Dance Fitness Studio C - Emily F		Dance Fitness Studio C - Jacob L			

PREMIUM FITNESS GROUP FITNESS (FREE W/ MEMBERSHIP) * Classes subject to change *



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

Contact JoEllen Cornelius for more info.
304.696.4107 | Corneliusj@marshall.edu
www.marshall.edu/campusrec

Group Fitness (Free w/ membership)

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!

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.

Locomotion

Join us for 20 min of easy to follow low-impact aerobics, followed by 20 min of endurance based strength training. This low impact, high volume class will help improve activities of daily living and increase balance and flexibility. With the use of stability balls, dumbbells, and more this class will always feel new and interesting. 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.

Dance Fitness

This class will help you build cardiovascular endurance and strengthen your heart muscle all while dancing to motivating and energetic music. Join us and work up a sweat on the dance floor!

Premium Fitness

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.

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.

PREMIUM FITNESS PASS PRICES

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

	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!

