



# FITNESS SCHEDULE

WINTER 2018

December 17-21; January 2-11

START END	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am 7:00am	Cycle-45 Studio B	F45	Cycle-45 Studio B	F45	
			F45		
9:00am 9:45am	Silver Splash Pool		Silver Splash Pool		
10:15am 11:00am	Silver Classic Studio C		Silver Circuit Studio C		Chair Yoga Studio C
12:15pm 1:00pm	CUT+15 Studio X	CUT+15 Studio X	CUT+15 Studio X	CUT+15 Studio X	Aquatic Therapy Pool
5:30pm 6:15pm	F45	F45	F45	F45	
5:30pm 6:30pm	BODYCOMBAT® Studio B	BODYPUMP® Studio A	BODYCOMBAT® Studio B	BODYPUMP® Studio A	
6:30pm 7:15pm	Cycle-45 Studio B	Yoga Flow Studio B	Cycle-45 Studio B	Yoga Flow Studio B	

## PREMIUM FITNESS

## GROUP FITNESS (FREE W/ MEMBERSHIP)

Please view the Rec Account App for the most up-to-date schedule and instructors teaching.

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.

### PREMIUM FITNESS PASS PRICES

	Single	5	10	Unlimited
Student	\$5	\$15	\$25	\$75
Member	\$6	\$20	\$30	\$99
Non-Mem.	\$16			

\* Classes subject to change \*

**\*Passes purchased after November 23rd can be utilized through May 10th.**



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.  
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[www.marshall.edu/campusrec](http://www.marshall.edu/campusrec)

## Premium Fitness

### 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.

### 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.

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## 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!

### 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.

### 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.