<table>
<thead>
<tr>
<th>Studio</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studio #1</td>
<td>12:15-1pm Lunchtime Cycle Bryan 1</td>
<td>11:15-12pm Lunchtime Cycle Jenna 1</td>
<td>12:15-1pm Lunchtime Cycle Bryan 1</td>
<td>11:15-12pm Lunchtime Cycle Jenna 1</td>
</tr>
<tr>
<td></td>
<td>5:30-6:15pm Spin 101 - Beginners Emily 1</td>
<td>6pm - 7:15pm Spin &amp; Core Emily 1</td>
<td>5:30-6:15pm Spin 101 - Beginners Emily 1</td>
<td>6pm - 7:15pm Spin &amp; Core Emily 1</td>
</tr>
<tr>
<td></td>
<td>6:30-7:30pm Spinning Emily 1</td>
<td>7:30-8:30pm Spinning Maureen 1</td>
<td>6:30-7:30pm Spinning Maureen 1</td>
<td>7:30-8:30pm Spinning Maureen 1</td>
</tr>
<tr>
<td>Studio #2</td>
<td>12-12:35pm Faculty/Staff Strength Christine 2</td>
<td>5:15-6:15pm Tone &amp; Flex Victoria 2</td>
<td>12-12:35pm Faculty/Staff Strength Christine 2</td>
<td>5:15-6:15pm Tone &amp; Flex Victoria 2</td>
</tr>
<tr>
<td></td>
<td>4:45-5:15pm Ab Blast Natasha 2</td>
<td>7am-8am Sunrise Yoga Christa 3</td>
<td>4:45-5:15pm Ab Blast Natasha 2</td>
<td>7am-8am Sunrise Yoga Christa 3</td>
</tr>
<tr>
<td></td>
<td>5:30-6:15pm HIIT Lydia 2</td>
<td>1-2pm Yoga for Strength &amp; Balance Lydia 3</td>
<td>5:30-6:15pm HIIT Lydia 2</td>
<td>1-2pm Yoga for Strength &amp; Balance Lydia 3</td>
</tr>
<tr>
<td></td>
<td>6:30-7pm 15/10/5-Cardio/Strength/Core Liza 2</td>
<td>5:15-6:15pm Pilates - Stretch &amp; Flexibility Mikayla 3</td>
<td>6:30-7pm 15/10/5-Cardio/Strength/Core Liza 2</td>
<td>5:15-6:15pm Pilates - Stretch &amp; Flexibility Mikayla 3</td>
</tr>
<tr>
<td></td>
<td>7:15-8:15pm Yoga Stress Relief &amp; Relaxation Christa 2</td>
<td>6:30-7:45pm Hatha Yoga Amy 3</td>
<td>7:15-8:15pm Yoga Stress Relief &amp; Relaxation Christa 2</td>
<td>6:30-7:45pm Hatha Yoga Amy 3</td>
</tr>
<tr>
<td></td>
<td>8:25-8:45pm Ab Blast Erica 2</td>
<td></td>
<td>8:25-8:45pm Ab Blast Erica 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8:45-9:45pm Zumba Lindsey 2</td>
<td></td>
<td>8:45-9:45pm Zumba Lindsey 2</td>
<td></td>
</tr>
<tr>
<td>Studio #3</td>
<td>5:15-6:15pm Hip Hop Cardio Natasha 3</td>
<td>5:15-6:15pm Hip Hop Cardio Natasha 3</td>
<td>5:15-6:15pm Hip Hop Cardio Natasha 3</td>
<td>5:15-6:15pm Hip Hop Cardio Natasha 3</td>
</tr>
<tr>
<td></td>
<td>6:30-7:45pm Power Flow Yoga Lydia 3</td>
<td>6:30-7:45pm Power Flow Yoga Lydia 3</td>
<td>6:30-7:45pm Power Flow Yoga Lydia 3</td>
<td>6:30-7:45pm Power Flow Yoga Lydia 3</td>
</tr>
<tr>
<td></td>
<td>8pm-9pm Advanced Pilates Mikayla 3</td>
<td>8pm-9pm Advanced Pilates Mikayla 3</td>
<td>8pm-9pm Advanced Pilates Mikayla 3</td>
<td>8pm-9pm Advanced Pilates Mikayla 3</td>
</tr>
</tbody>
</table>

**TRX Training Classes**

**Offered on 2nd Level of HTC Student Rec Center Fitness Floor**
STUDIO #1

**Sunday Studio #1**
12:00-1:00pm  Cardio Dance  Steph  2

**Saturday Studio #2**
12:15-1pm  Lunchtime Cycle  Bryan  1
12:15-1:45pm  HIIT  Lydia  2
4:45-5:15pm  Ab Blast  Ron  2

**Sunday Studio #1**
6-8pm  Cycle Cinema  Emily  1

---

**Class Descriptions Spring 2015**

**CARDIO FITNESS**

**BOOT CAMP** A combination of cardio and body weight strength elements set up to challenge you & to keep the heart rate elevated for a great workout!

**CRUNCH & PUNCH** Join this high energy class that will work your core and use boxing moves to give you a great cardio workout!

**HIGH-INTENSITY INTERVAL TRAINING (HIIT)** Workouts are 15 to 30 minutes in duration, that include short, intense sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and not appropriate for beginners.

**HIP HOP CARDIO** Move & Sweat to the latest tracks, working with dance moves that will burn calories without you realizing it! Don't miss the fun!

**KICKBOX INTERVALS** Combine the effectiveness of high intensity work with kickboxing moves and you'll get not only a fun class, but a dynamic workout!!

**ZUMBA** This fun class utilizes interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Zumba Step - add the traditional step for more choreography Zumba Toning - add weights

**STRENGTH**

**AB BLAST** Learn proper form & technique for strong core development in this ABSolutely awesome class.

**BUTTS & GUTS** Tone legs and core like never before in this 45 minute class. Faculty/Staff Strength: A complete strength workout, hitting all your muscles to make you a lean

---

**TRX SUSPENSION TRAINING**

**TRX CIRCUITS** Using the TRX training system alongside other equipment to provide a variety of circuits to get strong & lean!

**TRX TRAINING** TRX Suspension Training class that will focus on the essentials to develop form & technique and use the basic exercises to transform your idea of a body weight workout! All levels

**SPINNING** Must bring towel and water bottle!

**LUNCHTIME CYCLE** A brisk paced class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

**CYCLE CINEMA** A longer ride watching a movie! Instructor led, but paced to enjoy the show! 2015 4-5pm Lydia

**CRUNCH & PUNCH EXPRESS** Combine the effectiveness of high intensity work with kickboxing moves and you'll get not only a fun class, but a dynamic workout!!

**ZUMBA TONING** Get a workout on your lunch break - 35 minute ride

**H.I.I.T.** (High Intensity Interval Training) Workouts are 15 to 30 minutes in duration, that include short, intense sessions alternating high intensity intervals with recovery intervals. The HIIT approach to cardio exercise is very physically demanding and not appropriate for beginners.

**INTERVAL TRAINING (HIIT)** A combination of Ashtanga, Hatha and Vinyasa yoga styles. This class focuses on alignment, breathing & balance. Participants of all levels are welcome & should expect a lighthearted, but physically

---

**MIND/BODY**

**ADVANCED PILATES** Taking the basics and adding the extra challenge. Recommended for those wanting a challenge!

**CARDIO YOGA** A brisk paced class to keep the heart rate elevated while strengthening & lengthening muscles. This class is perfect for all those looking to improve their flexibility, but have a hard time holding still long enough for a traditional yoga class.

**FITNESS YOGA** Come experience fitness based yoga. Empower your mind and strengthen your body as you move through a series of poses. Geared for fitness enthusiasts.

**HATHA YOGA** A yoga experience that focused on the heart center and alignment in each pose to get maximal stretch and postures. All levels welcome.

**PILATES** The primary focus is on awareness of the spine, proper breathing, core strength and flexibility. The outcome of Pilates training is a balanced body which is strong and supple, flat stomach, balanced legs, and a strong back.

**PILATES BALL** Use the ball & challenge your core muscles, while improving balance & overall body tone.

**PILATES - STRETCH & FLEXIBILITY** The focus of this class is to stretch and gain better flexibility.

**POWER FLOW YOGA** Focus is on building strength and spinal alignment through the use of the breath, core and postures. Classes will include warm-up sun salutations, standing postures, lunges, balance work, ab work, twisting and light back-bending. All classes finish with a quiet, reclined relaxation period.

**RESTORATIVE YOGA** Give your body a chance to restore with restful, intentional postures to help bring your body back into balance.

**SUNRISE YOGA** Start your morning the right way with salutations and postures that wake the body and get you ready to face the day!

**YOGA** A challenging body/mind adventure incorporating asanas, breathing & mindfulness for a complete yoga experience.

**YOGA FOR STRENGTH & BALANCE** Combination of Ashtanga, & yoga styles. This class focuses on alignment, breathing & balance. Participants of all levels are welcome & should expect a lighthearted, but physically