

FALL 2021

GROUP FITNESS CLASS SCHEDULE

M

T

W

TH

YOGA

7:00-7:45am

CYCLE

7:00-7:45am

YOGA

7:00-7:45am

CYCLE

7:00-7:45am



YOGA

8:00-8:45am



YOGA

8:00-8:45am



BODY TONE

4:15-5:00pm

S.W.E.A.T.

4:15-5:00pm

BODY TONE

4:15-5:00pm

S.W.E.A.T.

4:15-5:00pm

**BARBELL
BAST**

5:15-6:00pm

YOGA

5:15-6:00PM

**BARBELL
BAST**

5:15-6:00pm

YOGA

5:15-6:00PM

YOGA

6:15-7:00pm

**STEP
AEROBICS**

6:15-7:00pm

YOGA

6:15-7:00pm

**STEP
AEROBICS**

6:15-7:00pm

ZUMBA

7:15-8:00pm

ZUMBA

7:15-8:00pm

ZUMBA

7:15-8:00pm

ZUMBA

7:15-8:00pm

DANCE2FIT

8:15-9:00pm



DANCE2FIT

8:15-9:00pm



CARDIO

STRENGTH

DANCE

MIND BODY



Campus
Recreation
A&M-COMMERCE

CLASS DESCRIPTIONS

Body Tone – Overload all major muscle groups with our choreographed total body strength workout that concentrates on using a variety of equipment.

Cycle – Get ready for the ride of your life! This 45-minute class is guaranteed to make you sweat and get your heart rate up! Blast through hills, sprints, flats, rounds, and other various terrains for an authentic cycle experience.

Zumba – Ditch the boring workout and join the party! Groove to the blend of Latin and international beats in this incredibly fun fitness-based dance class!

Barbell Blast – Master the basics of barbell lifts in our total body strength class while blasting through plateaus and improving your overall fitness level.

S.W.E.A.T. – Come do it all with Strength, Weight, Endurance, and Agility Training (S.W.E.A.T.). This quick and effective 45 minute workout is sure to make you sweat!

Dance2Fit – Dance2Fit is a fun, high-intensity workout that uses various types of popular hip hop music to create a rewarding full-body workout. Come join us for an uplifting experience that anyone can enjoy at their own pace.

Yoga – Explore the practice of yoga to strengthen, tone, and gain flexibility. Join us on a journey to find a calm and relaxed mind in a safe space where all levels are welcome!

Step Aerobics – Spice up your cardio workout with step aerobics! This high-energy class done to choreographed cardiovascular exercises targets different muscle groups while increasing endurance and body toning. Step it up and down, over and around, to the sound of your favorite beats!

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