

FITNESS SCHEDULE

GET FIT! • FALL 2009 • AUGUST 24 – DECEMBER 11, 2009

Rec Center members are eligible to participate in the following classes. See website for class descriptions and schedule changes: campusrec.colostate.edu.

Regular Schedule: August 24-December 11 • Free Preview/Discount on Passes: August 24-September 1 • No Classes: September 7, November 21-28

Time	Class	Instructor	Location	Cost
MONDAY				
6:30-7:30 a.m.	Studio Cycle 60	Christine	CS	Free
12:15-1:00 p.m.	Beginning Cycle	Taylor	CS	Free
12:15-1:30 p.m.	Anusara Inspired	Tomi	GFS	MB
3:15-3:45 p.m.	Core Conditioning	Chelsea	GFS	Free
3:30-4:45 p.m.	Yoga Flow	Christy	Lounge	MB
4:00-5:00 p.m.	Group Run	Chelsea	GFS	Free
5:00-6:00 p.m.	willPower & Grace	Allison	GFS	Free
5:00-6:00 p.m.	Studio Cycle 60	Kenzi	CS	Free
6:00-7:15 p.m.	Power Yoga	Gywn	Moby	MB
6:15-7:15 p.m.	Boot Camp	Sarah	GFS	Free
7:30-8:30 p.m.	Studio Cycle 60	Sara	CS	Free
7:30-8:30 p.m.	Hip Hop	Amanda	GFS	Free
8:45-9:15 p.m.	Core Conditioning	Kendra	GFS	Free
TUESDAY				
6:30-7:30 a.m.	Kickboxing	Kelsey	GFS	Free
7:30-8:45 a.m.	Yoga Flow	Sam	Lounge	MB
12:15-1:15 p.m.	Total Body Strength	Nicole	GFS	Free
4:00-5:00 p.m.	Total Body Strength	Grant	GFS	Free
4:00-5:00 p.m.	Studio Cycle 60	Megan	CS	Free
4:00-5:15 p.m.	Beginning Yoga	Sarada	Lounge	MB
5:15-6:15 p.m.	Zumba	Alyssa	GFS	Free
5:30-6:15 p.m.	Studio Cycle 45	Bailey	CS	Free
5:30-6:45 p.m.	Yoga Flow	Sarada	Moby	MB
6:30-7:30 p.m.	Core Conditioning	Bailey	GFS	Free
6:55-7:40 p.m.	Meditation	Sarada	Moby	Free
7:15-8:15 p.m.	Step Energy	Christina	GFS	Free
8:30-9:30 p.m.	Dance Strength & Stretch	Liesel	GFS	Free
WEDNESDAY				
6:30-7:30 a.m.	Studio Cycle 60	Libbie	CS	Free
12:15-1:30 p.m.	Yoga Flow	Christy	GFS	MB
3:00-4:00 p.m.	Boot Camp	Kendra	GFS	Free
3:30-4:45 p.m.	Power Yoga	Sam	Lounge	MB
4:15-4:45 p.m.	Core Conditioning	Liesel	GFS	Free
5:00-6:00 p.m.	Hip Hop	Amanda	GFS	Free
6:00-6:45 p.m.	Beginning Cycle	Sara	CS	Free
6:00-7:15 p.m.	Integral Yoga	Michael	Moby	MB
6:15-7:15 p.m.	Total Body Strength	Stacy	GFS	Free
7:30-8:30 p.m.	Kickboxing	Bailey	GFS	Free
7:30-8:30 p.m.	Studio Cycle 60	Christine	CS	Free
7:30-8:45 p.m.	Beginning Yoga (except 9/2 and 11/11)	Michael	Lounge	MB
8:45-9:15 p.m.	Total Body Flexibility	Kelsey	GFS	Free

Time	Class	Instructor	Location	Cost
THURSDAY				
6:30-7:15 a.m.	BOSU Strength	Sam	GFS	Free
7:30-8:45 a.m.	Yoga Flow	Katelyn	Lounge	MB
12:15-1:00 p.m.	Studio Cycle 45	Alyssa	CS	Free
12:15-1:15 p.m.	Boot Camp	Wade	GFS	Free
3:15-4:30 p.m.	Complete Conditioning	Chelsea	CS	Free
4:00-5:15 p.m.	Intermediate Yoga	Sarada	Lounge	MB
4:45-5:45 p.m.	Step Energy	Christina	GFS	Free
5:45-6:30 p.m.	Beginning Cycle	Rachel	CS	Free
6:00-6:45 p.m.	Step Basics	Sam	GFS	Free
6:45-7:30 p.m.	Studio Cycle 45	Taylor	CS	Free
6:45-8:00 p.m.	Yoga Flow	Tonya	Lounge	MB
7:00-7:30 p.m.	Core Conditioning	Allison	GFS	Free
7:45-8:45 p.m.	Cardio Ball	Stacy	GFS	Free
FRIDAY				
6:30-7:15 a.m.	Studio Cycle 45	Hannah	CS	Free
12:15-1:30 p.m.	Yoga Flow	Gywn	GFS	MB
3:30-4:30 p.m.	Zumba	Alyssa	GFS	Free
3:30-4:30 p.m.	Studio Cycle 60	Katie	CS	Free
3:30-4:45 p.m.	Power Yoga	Sam	Lounge	MB
4:45-5:15 p.m.	Core Conditioning	Alyssa	GFS	Free
5:00-6:30 p.m.	Yoga Cycle	Sam	CS	Free
5:30-6:30 p.m.	Kickboxing	Amanda	GFS	Free
SATURDAY				
9:30-10:45 a.m.	Yoga Flow	Gwyn	Moby	MB
10:30 a.m.-12:00 p.m.	Complete Conditioning	Kellie	CS	Free
11:30 a.m.-12:45 p.m.	Power Yoga	Kathryn	Moby	MB
SUNDAY				
4:30-5:30 p.m.	Boot Camp	Aaron	GFS	Free
5:00-6:15 p.m.	Integral Yoga	Michael	Moby	MB
5:45-6:45 p.m.	Total Body Strength	Sarah	GFS	Free
6:30-7:45 p.m.	Restorative Yoga	Tonya	Moby	MB
7:00-8:00 p.m.	Step Energy	Sarah	GFS	Free

Schedule is subject to change. Check the Campus Rec website for updates: campusrec.colostate.edu.

FOR YOUR INFORMATION		
CLASS LOCATIONS	FALL SEMESTER PASSES	CYCLING POLICIES AND TIPS
CS Cycle Studio GFS Group Fitness Studio Lounge Horsetooth Lounge Moby Moby Aerobics Room (located in the Moby Building)	Single Use Pass \$4 Unlimited Mind Body \$64	Participants may reserve a cycle by calling 970-491-3085, or stopping by the entry equipment desk, 24 hours in advance. Bikes not reserved will be available on a first-come first-served basis. Please allow 10 minutes before class begins for bike setup.
COST GUIDE	DISCOUNT ON PASSES	• Class is limited to 20 participants. • Cycle reservations are forfeited 5 minutes prior to start and cycles will be issued to stand-by riders.
MB Mind Body pass required. Classes are FREE unless otherwise noted.	Offered August 24-September 1 \$10 Discount on Fall Unlimited Mind Body passes	



FREE indoor cycling classes this fall semester only.



A THRILLER Event!

Learn the Dance to THRILLER!

No dance talent required!
Best *Zombie* contest!
Tons of fun and a great workout!

Free

Week of October 26th
in the Lory Student Center -
Check the Web
for concrete details.

Colorado State University