

GROUP EXERCISE SCHEDULE

APRIL / MAY / JUNE

MON	
0600	
1100	HIIT HAPPENS
1130	SPIN CYCLING
1500	IRON CLAD

TUE	
0600	
1100	CYCLEMIX
1630	SPIN CYCLING
1700	MAVERICK MAYHEM

WED	
0600	MOBILITY MATTERS
1100	ZUMBA
1130	SPIN CYCLING
1500	IRON CLAD

THU	
0600	CYCLEMIX
1100	MOBILITY MATTERS
1630	SPIN CYCLING
1700	MAVERICK MAYHEM

FRI	
0600	
1100	REGENERATION
1130	
1500	

SPORTS	
4/15/25	PICKLEBALL CLINIC
4/22/25	PICKLEBALL LEAGUE
5/20/25	PICKELBALL TOURN.
SPR/SUM	LEAGUES & INTRAMURALS

USEFUL INFORMATION
COMMAND PT CAN BE RUN BY A FITNESS SPECIALIST UPON REQUEST
PERSONAL TRAINING IS FREE TO AD, DEP, AND RET (ASK FOR DETAILS)
REACH OUT TO THE SPORTS COORDINATOR FOR SPORTS RELATED QUESTIONS
CLASSES MAY BE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY

Class Descriptions

Spin Cycling (*Instructor: Debbie*)

A 60 min class designed to improve overall health, performance, and muscular endurance.

Iron Clad (*Instructor: Josiah*)

Strength 101: Covers lifting mechanics and progressions to increase strength, performance, and power while improving muscle mass.

Maverick Mayhem (*Instructor: Josiah*)

A circuit workout at the CONEX Box (weather permitting) to increase strength, improve cardio endurance, and melt away body fat.

HIIT Happens (*Instructor: Heidi*)

A fun, up-tempo circuit training session increasing strength, endurance, and cardio fitness.

Zumba (*Instructor: Heidi*)

Dance your cares away improving cardio fitness and muscle endurance while burning fat.

CycleMix (*Instructor: Heidi*)

Switch up your cardio routine with this on/off bike hybrid workout designed to improve cardio fitness and muscle endurance.

Mobility Matters (*Instructor: Heidi*)

Increase confidence in day-to-day activities by improving range of motion and flexibility.

Regeneration (*Instructor: Heidi*)

An active recovery class that improves foam rolling technique and targets relief of trigger points.

