

CSU CAMPUS RECREATION CENTER

ALL FREE! GROUP FITNESS SCHEDULE

FINALS WEEK: FALL 2017 EFFECTIVE 12/11/17 - 12/17/17

FINALS WEEK FRENZY!

Check out the cool themed classes we have during Finals Week Frenzy and enjoy an extra dose of fun with your workout!

MIGHTY MORNINGS

ACTIVE AFTERNOONS

ENERGY EVENINGS

WORKOUT WEEKENDS

MONDAY

80's THROWBACK CYCLING (174)

6-6:45am; Laurysa
Wear your shades and rock out to 80s classics!

GLOW FOR BODYPUMP (227)

6:30-7:30am; Melissa
Show us your all-white outfit and come early to deck yourself out in glow-in-the-dark gear!

SPORTS SAVY BOOTCAMP (229)

11:45am-12:30pm; Katie G.
Brag about your favorite sports team!

AQUA DEEP (Pool)

12-12:45pm; Judy

ISLAND PILATES (227)

12:15-1pm; Michelle
Sway to the beat in your beach gear and enjoy a tropical post-workout drink!

POUND, XMAS EDITION (229)

4:30-5:15pm; Eve
Dress to impress in your Christmas favorites!

TRX THRILLER (158)

5:30-6:15pm; Deanna
Rock out to Michael Jackson classics and wear your white gloves!

SAND, SUN, & SALUTATIONS (YOGA) (229)

5:45-6:45pm; Annie
Kowabunga! Watch out for this beach-themed class!

BODYPUMP(227)

6:30-7:30pm; Deanna

TUESDAY

BOOT CAMP (229)

6-7am; Nick

AQUA SHALLOW (Pool)

12-12:45pm; Judy

BODYPUMP (227)

12-12:45pm; Laurysa

BODYPUMP (227)

5:15-6:15pm; Katie R.

GLOW-IN-THE-DARK ZUMBA TONING (229)

5:15-6pm; Trudie
Wear all-white and sweat off the glow paint!

VIKING FIT (158)

5:30-6:15pm; Nick

POWER YOGA DE-STRESS (229)

6:45-7:45pm; Kaylee
Relax and de-stress before finals!

ZUMBA (227)

7-8pm; Felice

WEDNESDAY

80's THROWBACK CYCLING (174)

6-6:45am; Laurysa
Wear your shades and rock out to 80s classics!

HOLIDAY BODYPUMP (227)

6:30-7:30am; Matt
Rock your Santa hat as your workout amid Christmas lights and enjoy a post-workout Christmas cookie!

AQUA DEEP (Pool)

12-12:45pm; Judy

CYCLING & A MOVIE (174)

12-12:45pm; Michelle
Watch "Home Alone" as you cycle in your Santa hat with candy canes!

VINYASA YOGA (227)

4-4:45pm; Kaylee

BODYPUMP (227)

5:30-6:30pm; Michael

ZUMBA (229)

7-8pm; Felice

SAND, SUN, & SALUTATIONS (YOGA) (229)

5:45-6:45pm; Annie
Show us your favorite Jimmy Buffet shirt and join us for a beach-themed yoga class!

THURSDAY

BOOT CAMP (229)

6-7am; Mario

AQUA SHALLOW (Pool)

12-12:45pm; Judy

HOLIDAY BODYPUMP (227)

12-12:45pm; Matt
Rock your Santa hat as your workout amid Christmas lights and enjoy a post-workout Christmas cookie!

GLOW-AND-GAIN CORE BLAST (229)

4:30-5pm; Nick
Wear your white tees and ignite your core topped with glow paint!

VIKING FIT (158)

5:15-6pm; Nick

ZUMBA TONING (227)

6-7pm; Elizabeth

POWER YOGA DE-STRESS (229)

6:30-7:30pm; Kaylee
Relax and de-stress before finals!

VIKING FIT (158)

6:30-7:15pm; Leonard

FRIDAY

H.I.I.T. (158)

6:15-7am; Nick

SAND, SUN, & SALUTATIONS (YOGA) (227)

8-9am; Annie
Kowabunga! Watch out for this beach-themed class!

POWER YOGA (227)

11:45am-12:30pm; Kaylee

CYCLING (174)

12-12:45pm; Judy

CORE DE FORCE (227)

5:30-6:30pm; Michael

SATURDAY

PAJAMA PARTY YOGA (227)

11am-12pm; Rachel
Roll out of bed and vinyasa in your jammies!

Remember: group fitness classes averaging less than 3 participants in a month will unfortunately be cancelled for the semester.

Classes are listed chronologically by day and time. Class locations are denoted in parentheses after title.

PLEASE NOTE: Some classes have a higher intensity level and may involve high-impact exercises



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