

INSTRUCTIONAL PROGRAMS FOR Spring 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Hatha Yoga Nicole 11:00 - 11:50 am
Barre Connect Alicia 12:00 - 12:50 pm	Zumba® Dee 12:00 - 12:50 pm	Ball Alicia 12:00 - 12:50 pm	Hatha Yoga Janes 12:00 - 12:50 pm		Martial Arts Emily 12:00 - 1:30 pm
Hatha Yoga Janes 3:30 - 4:20 pm		ABS Sydney 3:30 - 4:20 pm	Martial Arts Emily 3:30 - 4:20 pm	Barre Connect Alicia 3:30 - 4:20 pm	
Floor Barre Nathalia 4:30 - 5:20 pm	Pilates Anna 4:30 - 5:20 pm	Floor Barre Nathalia 4:30 - 5:20 pm	Pilates Anna 4:30 - 5:20 pm		
Zumba® Dee 5:30 - 6:20 pm	Athletic Endurance Sydney 5:30 - 6:20 pm	Zumba® Dee 5:30 - 6:20 pm	Athletic Endurance Sydney 5:30 - 6:20 pm	Vinyasa Yoga Andy 4:30 - 5:20 pm	
	Hatha Yoga Rachel 6:30 - 7:20 pm		Hatha Yoga Rachel 6:30 - 7:20 pm		
HIIT Andy 7:00 - 7:50 pm	Tabata Mosaic 7:30 - 8:20 pm		Tabata Mosaic 7:30 - 8:20 pm		
		HIIT Andy 8:00 - 8:50 pm			

All classes are FREE and open to ALL students, faculty and staff.

Classes are subject to change without notice. Participants must be a Truman Student or ≥ 18 years old.

For more information visit <http://www.truman.edu/recreation/>

For class changes and cancellations, like [Truman Campus Recreation](#) on Facebook and follow us on Twitter at [#TSUreccenter](#)

Type of class:	Green = yoga Pilates barre	Orange = dance	Purple = a mix of strength training & cardio	Black = martial arts
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Class Descriptions for Spring 2017 Instructional Programs

ABS: A strengthening class engaging all parts of the core including abdominals, back, and obliques. ABS will be a series of exercises that flows from one to the next developing a strong and healthy core improving posture and overall fitness. Come out and sweat your way to a stronger self.

Athletic Endurance: A High-Intensity cardio endurance class designed around circuit training. Workouts will incorporate cardio, strength, and balance work to improve overall physical endurance and coordination.

Ball: A slow-stretching class designed to make you feel strong, light, stable, and relaxed. Come experience this NEW class centered around the stability ball to increase flexibility, strength, posture, and range of motion.

Barre Connect: Discover how to connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training to create a FUN, total body workout.

Floor Barre: A unique take on the basic ballet barre--no dance experience needed! Movements are taken from the standing position to the floor to hone control and strength. A mixture of Pilates, yoga, and ballet; Floor Barre is a great toning technique.

Hatha Yoga: Hatha Yoga uses postures and conscious breathing in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being.

HIIT (High Intensity Interval Training): A cross training program that combines multiple disciplines of fitness, such as strength, cardiovascular, balance, coordination and flexibility, in a high intensity format. Exercises are designed for total body conditioning with an emphasis on maximum effort to provide a complete workout.

Martial Arts: Learn the basic moves of the Youn Wha Ryu form of martial arts in this fun and interactive course. It is an excellent cross training element to compliment other physical training and take your mind off homework. Improve your focus, balance, speed, reflexes, and much more! Belt promotion is optional for an additional cost. Class size limited to 20.

Pilates: This class focuses on overall strength and flexibility with little or no equipment. The daily sequence will begin with a warm up, followed by exercises that are designed to sculpt the core, lower body, and upper body, ending with gentle stretching. With modifications to suit everyone's fitness level, you'll leave feeling energized and strong!

Tabata: A fast paced mix of strength, cardio and core training with both high and low intensity intervals varying in difficulty while an energizing instructor and fun atmosphere makes class fly by! Class size may be limited depending on equipment being used.

Vinyasa Yoga: An intermediate yoga class that combines breath, strength, and movement to develop a mind-body connection. Dynamic flows and sequences will challenge your strength and stretch your body to prepare you for a relaxing Savasana.

Zumba®: A crazy fun and high energy cardio class that incorporates Latin dance rhythms to improve your cardiovascular endurance. Learn unique moves and dance away your stress while feeling great!

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