

INSTRUCTIONAL PROGRAMS FOR FALL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Yoga Andy 11:00 - 11:50 am
	Zumba® Dee 12:00 - 12:50 pm	Yoga Janes 12:00 - 12:50 pm	Yoga Janes 12:00 - 12:50 pm		Martial Arts Emily 12:00 - 1:30 pm
Yoga Janes 3:30 - 4:20 pm	HIIT Alicia 3:30 - 4:20 pm	ABS Sydney 3:30 - 4:20 pm	HIIT Alicia 3:30 - 4:20 pm		
Pilates Nathalia 4:30 - 5:20 pm	Pilates Anna 4:30 - 5:20 pm	Pilates 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	
Martial Arts Emily 6:30 - 7:20 pm	Yoga Rachel 6:30 - 7:20 pm		Yoga Rachel 6:30 - 7:20 pm		
		HIIT Andy 8:00 - 8:50 pm	Zumba® Leah 7:30 - 8:20 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 **Orange** = dance **Purple** = a mix of strength training & cardio **Black** = martial arts

Class Descriptions for Fall 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.

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!

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

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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