

INSTRUCTIONAL PROGRAMS FOR SPRING 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Yoga Jenna 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	Yoga Janes 3:30 - 4:20 pm	HIIT Alicia 3:30 - 4:20 pm		
				Power Yoga Rachel 4:00 - 4:50 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	Tabata Mosaic 5:30 - 6:20 pm	Zumba® Dee 5:30 - 6:20 pm	Tabata Mosaic 5:30 - 6:20 pm		
Martial Arts Emily 6:30 - 7:20 pm	Yoga Rachel 6:30 - 7:20 pm	Martial Arts Emily 6:30 - 7:20 pm	Yoga Rachel 6:30 - 7:20 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 Spring 2018 Instructional Programs

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!

Power Yoga: Connect the Asanas (postures) with the breath while finding strength, and building endurance and flexibility. All skill levels welcome and encouraged to join.

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.

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.

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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