

Group Fitness Schedule

Spring 2017

	Monday	Tuesday	Wednesday	Thursday
11:30—12:00 pm	Total Toning		Total Toning	
5:30—6:00 pm	Ab Blast		Plyometrics	
7:30—8:00 pm	Spicy Cardio Dance	Spicy Cardio Dance	Spicy Cardio Dance	Spicy Cardio Dance

Spicy Cardio

Improve your cardio stamina and your dance skills in a class that incorporates contemporary pop, hip hop and Latino music and dance styles. Dance has been found to improve moods, reduce stress, increase endurance and improve motor skills. Come shake that booty, twist those hips, spin that body and leap across the floor. This class will challenge your body and mind, but it's so fun that you won't care!

Ab Blast

Uncover your six pack! This 30 minute class focuses on abdominal and lower back muscles. It's a great way to challenge and improve your core strength.

Total Toning

Add some variety to your training by combining elements from Pilates, yoga, free weight training and body weight calisthenics. Here you will get an experience that will shape up the whole body. This class is never the same two days in a row, come challenge yourself!

Plyometrics

Improve your agility, speed and strength. The sudden explosive compound movements used in this class combine cardio and strength training to burn more calories. Train for maximum force production in the smallest period of time, so reps are kept low and the intensity and effort is high. Opportunity to scale the height of the box makes it a great workout for all levels of fitness.

Fitness Center Hours:

Monday—Thursday: 7 am—9 pm
Friday: 7 am—6 pm
Saturday: 10 am—6 pm
Sunday: 12 pm—5 pm

Please be sure to present Student/Faculty/Staff ID when entering the Fitness Center.

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