

# CLASS DESCRIPTIONS

**Abs & Back** Your midsection muscles are power sources of your body, let these 20 minutes of great ab/back strengthening workouts give you a core like never before!



This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast!

**Bobby Gonzalez, Terra Weakley, Andrea Hernandez**

**Boot Camp** An intense two week workout combining strength conditioning, resistance training, and cardiovascular training. This teamwork environment provides a motivational push that should challenge one's Spirit. **Aaron Garza**

**Cardio Magic** A dancing and toning workout designed to burn fat and beat stress! You won't want to miss this! **Victoria Davenport**

**Chinese Kickboxing** Whether you seek to lose weight, get toned, or just get a good work out, this kick-butt kickboxing class is for you! Proper technique and discipline taught. **Raul Ramos**



**Fitness Nutrition** COMING IN SEPTEMBER! Get started with a Registered Dietitian to learn about healthy eating & losing weight! Get meal plans, workout routines, a workout buddy and measure and track your progress to reach your fitness & nutrition goals! Bring your questions and join us free of charge (Including faculty and staff)! **Blanca Villarreal** Email Denise to be updated about the class @ dschuster@tamiu.edu

**Indoor Cycling** Enjoy the group atmosphere and enthusiasm while cycling at your own fitness level. Great for beginners to advanced. **Aaron Banda, Jose Ponce, Aleisha Virjan**

**Jump Rope Jam** Want to burn 10-20 calories per minute? Kick up your agility, coordination, and endurance in this intense and challenging half hour workout. **Aaron Banda**

**Kickboxing** This class uses the elements of self-defense found in boxing, kickboxing, and other martial arts. Proper technique for throwing punches and kicks are emphasized. Kick and punch your way to fitness in this energizing cardiovascular workout! **Beatriz Vazquez, Sandra Gutierrez**

**Latin Step** Step to a fun Latin beat in this high intensity cardio step class. Burn those calories one step at a time! **Sandra Leal**

**Step Express** Come step your way into fitness with 50 minutes of straight, fat-burning cardiovascular workout! Whether you are just starting your day or you're coming in after a long day's work, Step Express will provide you with the most cardio in a short amount of time. Fun and energy-boosting, this class is for YOU! **Amanda Chaparro**

**TBC (Total Body Conditioning)** A mix of cardio and toning exercises set up to improve all areas of fitness! For beginners to intermediate. **Luis Guajardo, Sandra Gutierrez**

**Yoga** Naturally let your body become stronger without forcing it. This class will keep it fun and relaxing while you gain energy. **Rudy Gomez**

**Yogilates** A perfect mix of Pilates and Yoga techniques that give you a core workout, flexibility and stress reduction all in one! Work it out! **Denise Schuster**



Ditch the workout and join the party! No dance skills needed...come sweat it out and have a blast! Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **Crystal Davila, Sandra Leal**

## SPECIALTY CLASSES

**Salsa** Come and nail all the basic Salsa moves! Join us with or without a partner. For all level of dancers. Be the life of the party! Lead by **John Rodriguez and Sandra Leal**

*\*Sign up at front desk for Specialty Classes.*

### tPT (training Personal Trainers)

So you think you know fitness?

Come learn how to become a Personal Trainer and use it for life. Get the info. Learn the techniques. Get Certified.

Apply and register at the front desk today! Fee is \$20. Class is ongoing throughout the summer.

### FIT (FITNESS INSTRUCTOR TRAINING)

Love fitness? Want to lead others to love it too? Come join us to begin the process of becoming a Fitness Instructor! Learn the proper ways to workout, technique and how to instruct. Fee is \$20. Class is ongoing throughout the summer. After completing sessions and auditioning you may have the opportunity to be a paid Fitness Instructor.

For more details contact Denise Schuster at [dschuster@tamiu.edu](mailto:dschuster@tamiu.edu) or (956) 326-3017.



