

FITNESS 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! **Jose Ponce**

FFA—Free Fitness Assessments Begin or maintain your fitness goals with fitness assessments such as body fat %, cardio endurance, flexibility testing, etc.



Get started with a Nutritionist to learn about healthy eating & losing weight! All session titles can be found online at www.tamtu.edu/recsports under Nutrition. Bring your questions and join us free of charge (Including faculty and staff)! No more excuses, just solutions! **Cristina Rodriguez, Rudy Gomez, Daniel Gonzalez**

GET IN GEAR Intro to Indoor Cycling Join us to learn the basics and more about Indoor Cycling! Get comfortable adjusting the bike and get skills and techniques for your classes! Maximize your workouts and GET IN GEAR! **Ana De Hoyos**



Enjoy the group atmosphere and enthusiasm while cycling at your own fitness level. This class with stationary bikes will burn the calories and reduce the stress! Great for beginners to advanced.

Jose Ponce, Ana De Hoyos



Lift to the beat as we build camaraderie and strength together. This weightlifting class will tone and sculpt your body one muscle group at a time. Take the challenge. Feel the results. Iron powered by you! **Victoria Davenport**



Got flexibility? PiYo™ is the perfect blend of Pilates/Yoga, sports stretch, dance stretch, athletics and more. This is a stretch workout for those who want more than just flexibility; they want to burn calories and build muscle! This dynamic fusion workout is easy on the joints, yet delivers strength, balance, agility and flexibility in one unique calorie burning workout. **Vanesa Schmidt, Victoria Davenport, Denise Schuster**

Power Plyometrics Designed to produce fast, powerful movements and to improve functions of the Nervous System, generally for the purpose of improving performance in sports. Helps individuals improve on their speed, jumping ability, and agility. Come join us and give your legs a workout of a lifetime! **Aaron Garza**



Step Express Come step your way into fitness with 50 minutes of straight, fat-burning cardiovascular workout! **Sandra Leal**

TBC (Total Body Conditioning) A mix of cardio and toning exercises set up to improve all areas of fitness! For beginner to intermediate. **Sandra Gutierrez-Wirsching**



The fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout! **Sandra Gutierrez-Wirsching, Victoria Davenport**

Yoga Challenge Get your workout, flexibility, and cardio in this all-in-one class! Think it's boring...easy? Let's prove that wrong. Join the challenge. **Rudy Gomez**



Ditch the workout and join the party! No dance skills needed...come sweat it out and have a blast. 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! **Sandra L, Victoria D, Beatriz V, Crystal D, Martin G, Liz G, Juan P, & Ervin D**



An exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. **ZUMBA® TONING** is an innovative muscle training program with the addition of light weights. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance. **Sandra Leal**

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(training Personal Trainers)
So you think you can train?

Come learn how to become a Personal Trainer and use it for life.

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

GET THE INFO. LEARN THE TECHNIQUES. GET CERTIFIED.

