

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, Ana De Hoyos**

Athletic Conditioning Were you an athlete and miss those old workouts, the coordination and endurance you used to have? Well come get it back and work to become reconditioned to get a sporty work out. Or if you've never played sports before, now is the time to start! **Louie G**



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**

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 kicking and punching technique and discipline taught. Instructed by Martial Arts Competitor and Red-Belt rank holder **Raul Ramos**



Fitness Nutrition Get started with a Nutritionist to learn about healthy eating & losing weight! Get meal plans, workout routines, a workout buddy and measure and track your progress to reach your nutrition goals! Bring your questions and join us free of charge (Including faculty and staff)! No more excuses, just solutions! **Cristina Rodriguez, Rudy Gomez, Vanesa S.**
Email Denise to be updated about Nutrition info @ dschuster@tamiu.edu



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

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! **Sandra Gutierrez**

Legs n Core Come work on leg strengthening, toning, stability, and balance in this legs and core work out. Glutes will become firmer and will be able to generate more power after this class. Be ready for a great lower body work out! For all levels of fitness. **Louie Guajardo**

Pilates Jams Get ready to see and feel a whole different side of Pilates. Combinations of Pilates that concentrate on your core with a few twists and a whole lot of funk using today's latest hip hop jams. **Ericka Mendoza**

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

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

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**

Yogilates A perfect mix of Pilates and Yoga techniques that give you a core workout, flexibility and stress reduction all in one! Take the time to take care of your body. It's the only body you're given :). Work it out! **Denise Schuster, Vanesa Schmitt, 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! **Crystal Davila, Sandra Leal, Victoria Davenport, Beatriz Vazquez, Martin Gallegos**



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**

SPECIALTY CLASSES

Sign up at front desk for all Specialty Classes

Belly Dancing An Arabian Abs and Back workout, technique learning and a lot of fun! Come and feel comfortable in your body! **Sandra**

Come and learn Salsa, Bachata, Merengue, Cumbia, and more! For those that have already taken Latin Nights, Salsa Level 1, or know Salsa and Bachata basics, come pick up some new moves. Meet fun and new people as you learn how to dance with confidence and style in a welcoming and social atmosphere. No partner required!

John Rodriguez and Sandra Leal

The Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Sandra Leal

tPPT (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.



FIT (FITNESS INSTRUCTOR TRAINING)

Love fitness? Have what it takes to lead others to love it too?

Learn the proper ways to workout, technique and how to instruct.

After completing sessions and auditioning you may have the opportunity to be a paid Fitness Instructor. Fee is \$20.

JOIN US TO BEGIN THE PROCESS OF BECOMING A FITNESS INSTRUCTOR TO CHANGE LIVES ONE CLASS AT A TIME.



For more details contact Denise Schuster @ dschuster@tamiu.edu or (956) 326-3017.