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!

*Aaron Banda*

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, Staci Rodriguez, Terra Weakley, Denise Schuster, Juan Garza, Andrea Hernandez*

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

*Victoria Davenport*

**Fitness Nutrition**  COMING THIS SUMMER! 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*

**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*

**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*

**Mixed Martial Arts (MMA)**  The class for martial arts enthusiasts! This class features a wide variety of: self defense, striking, grappling, and take down techniques.

*Raul Ramos*

**Power Hour**  Start your day with a great mix of cardio/strength conditioning that will challenge your body and leave you with a stronger, leaner and healthier body.

*Nora Garcia*

**Spinning**  Enjoy the group atmosphere and enthusiasm while cycling at your own fitness level. Great for beginners to advanced.

*Aaron Banda, Marlene Cruz, Aleisha Virjan*

**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*

**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**

**Advanced MMA (Mixed Martial Arts)**  Apply all the techniques from the beginners MMA and take it to the next level in this challenging kick butt class!

*Raul Ramos*

**Water Fitness** - Beat the heat with this fun low impact workout to gain all the benefits of cardio and weight training in a nice cool pool!

*Ericka Mendoza*

*Sign up at front desk for Specialty Classes.*

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**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.

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**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 auditing you may have the opportunity to be a paid Fitness Instructor.

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