

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

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

Core Buster This new and exciting class combines two already fun classes Jump Rope Jam and Abs & Back in order to provide a core building cardio experience. **Aaron Banda**



Fitness Nutrition STARTING SEPTEMBER 16th! 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** Email Denise to be updated about Nutrition info: 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**

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**

Kick-It-Up-A-Notch Come and have fun learning the basics of fighting while at the same time challenging your body & developing your mind. Anyone can do it! **Vicki Rendon**


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**

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 our legs a workout of a lifetime! **Aaron Garza**

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

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

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**

 **ZUMBA**® 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**

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**

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! Led by John Rodriguez and Sandra Leal

Sign up at front desk for all Specialty Classes

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. Wednesdays 11am-12pm (Rm 131) 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. Class is ongoing throughout the semester. Thursdays 3:30-4:30 pm (Rm 225) JOIN US TO BEGIN THE PROCESS OF BECOMING A FITNESS INSTRUCTOR TO CHANGE LIVES ONE CLASS AT A TIME.



