

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!

Fitness Nutrition 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)!

Dance Hall A variety of dance styles including Bachata, Jamaican, Reggaeton and Hip Hop that will get you moving and keep you on your feet!

Latin Aerobics A fusion of dance themes that create a dynamic, exciting, effective fitness system! Latin Dance combines high energy and motivating music with unique moves and combinations that allow the Latin Dance participants to dance away their worries! It is based on the principle that a workout should be "FUN AND EASY TO DO".

Pilates A class for all fitness levels that focuses on the core muscle groups (Abs, back, obliques, thighs, hips and glutes) for an invigorating workout!

Social Dance The art of leading and following on the dance floor takes a little time and practice, but if you come for the month you'll be dancing. September lessons are East Coast Swing; October features Two Step; November is the Waltz.

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

Step 'n Sculpt A variety of step and muscular conditioning workouts to get you moving! Get ready to sweat out the calories!

TBC (Total Body Conditioning) A mix of cardio and toning exercises set up to improve all areas of fitness!

Yogilates A perfect mix of Pilates and Yoga techniques that give you a core workout, flexibility and stress reduction all in one! Great workout, great experience!

Zumba® Ditch the workout and join the party! No dance skills needed...come sweat it out and have a blast!

SPECIALTY CLASSES - 1st Session

Class Name	Day	Time	Location	Begins and Ends	Instructor	Price**
BELLY DANCING	M	8:00 - 9:00pm	Rm 205	Sept 14 - Oct 19	Sandra Leal	\$20
LATIN DANCE	M	7:00 - 8:00pm	Rm 205	Sept 14 - Oct 19	Sandra Leal	Single - \$20, or Couple - \$30
YOGA	T	7:30 - 8:30pm	Rm 205	Sept 8 - Oct 13	Rudy Gomez	\$20
YOGA BODY	M	4:30 - 5:30pm	Rm 205	Sept 14 - Oct 19	Denise Schuster	\$20

FITNESS INSTRUCTOR TRAINING (FIT)

Come join us to begin the process of becoming a Fitness Instructor! Fee is \$20.

After completing sessions and auditioning you may have the opportunity to be a paid Fitness Instructor.

Starts in September. For more details and to get on the waiting list, contact the front desk or Denise at dschuster@tamiu.edu or (956) 326-3017.

Belly Dancing An Arabian Abs and Back workout, technique learning and a lot of fun! Come and get comfortable with your body!

****Price total for all 6 classes**

Latin Dance The standardized expression of popular Latin dances, such as the Cha Cha, Samba, Rumba, Bolero, Mambo and Paso Doble.

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

Yoga Body Come alive to a rejuvenating workout that awakens muscles, increases flexibility, relieves stress and provides an overall sense of wellbeing! Try it and feel the difference!

REGISTER EARLY! Registration cut off date is 2 days prior to start of each class!

Max people allowed for each class varies, space is limited so register early.