

# 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**



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**

**Boot Camp** An intense workout combining strength conditioning, resistance training, and cardiovascular training. This teamwork environment provides a motivational push that should challenge one's Spirit. **Aaron Garza**

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



**Fitness Nutrition** Get started with a Nutritionist to learn about healthy eating & losing weight! All session titles can be found online at [www.tamui.edu/recsports](http://www.tamui.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**  
Email Denise to be updated about Nutrition info @ [dschuster@tamui.edu](mailto:dschuster@tamui.edu)

**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**



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. **Vanessa 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**

**SALSA** Come and nail all the basic Salsa moves! Our friendly instructor breaks down fancy moves into fun to learn steps. Discover how to dance with confidence and style in a welcoming and social atmosphere. No partner required. For all level of dancers. Be the life of the party! **John Rodriguez**

**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**

**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 Leal, Victoria Davenport, Martin Gallegos, Liz Gonzalez, Juan Perez, Crystal Davila, Beatriz Vazquez**



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*

**tPT**

(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@tamui.edu](mailto:dschuster@tamui.edu) or (956) 326-3017.