### Student Recreation Center

**Class Schedule:** Fall 2017 UPDATED  
10/16/2017-12/8/2017  
(Dates and times are subject to change)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Morning</td>
<td>6:15a-7:15a Cycle Cycle Studio</td>
<td>8:30a-9:30a 20/20 Studio A</td>
<td>6:15a-7:15a Cycle Cycle Studio</td>
<td>8:30a-9:30a 20/20 Studio A</td>
<td>9a-10a Classical Pilates Studio C</td>
<td>11:00a-12:15p Yoga Studio C</td>
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<td>Evening</td>
<td>4:00p-5:00p CrossFit on Ramp MTZ</td>
<td>5:00p-6:00p Pilates Studio C</td>
<td>4:30p-5:30p They See Me Rollin’ Studio A</td>
<td>5:30p-6:30p Pop Pilates Studio C</td>
<td>4:00p-5:00p CrossFit on Ramp MTZ</td>
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<td></td>
<td>5:15p-6:15p CrossFit MTZ</td>
<td>5:30p-6:30p Insanity Live! Studio A</td>
<td>5:30p-6:30p TurboKick Studio A</td>
<td>5:30p-6:30p PiYo Live! Studio C</td>
<td>5:15p-6:15p CrossFit MTZ</td>
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<td>6:30p-7:30p Yoga Studio C</td>
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<td>6:30p-7:30p Yoga Studio C</td>
<td>6:00p-7:00p CrossFit MTZ</td>
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**FOR MORE INFORMATION:** Contact Tamara Morgan at tmorgan@odu.edu or Meghan Flanagan at m1flanag@odu.edu

***There will be a modified Group Exercise Scheduled during Exam Week***
Group Exercise Class Descriptions

**Aqua Aerobics:** Make a splash with your fitness routine by participating in our invigorating, low impact aquatic exercise class. This workout incorporates cardio conditioning, body toning, and most of all a lot of fun!

**Barre Sculpt:** Utilizing body weight, hand weights, bands, mats and other equipment, instructors will incorporate techniques from Yoga, Pilates, and traditional ballet to provide you with a fun and challenging workout.

**PIYo:** PIYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined

**Pilates:** This is a core conditioning class aiming to increase flexibility, improve posture and balance by strengthening the abdominal and low back area.

**CIZE:** CIZE™ is a revolutionary new dance workout! Created by Shaun T (creator of Insanity®) and a team of professional choreographers, CIZE™ will have you bustin’ out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout!

**Power Hour:** Cardio and strength training wrapped into one 60 minute challenge! This class focuses on muscular strength and endurance and plyometric condition for a COMPLETE FULL BODY workout.

**Cycle:** This 60 minute cycle class offers a high-cardiovascular workout on a bike. This class is open to all levels and instructors provide challenges and modifications with every ride.

**CROSSFIT:** Constantly varied, high intensity, functional movement workouts that are scaled to anybody, age, and level of fitness. Everyone is welcome. All CrossFit classes are located in the Monarch Training Zone, on the main fitness floor.

**CROSSFIT ON RAMP:** This class will review foundational movements of CrossFit plus other movements frequently used during WOD’s. All CrossFit classes are located in the Monarch Training Zone, on the main fitness floor.

**FACULTY/STAFF (F/S) FITNESS CLASSES:** These class formats are reserved for ODU Faculty and Staff only. You must provide your Faculty/Staff ID when you sign in.

**Total Body Tone:** Join us for a class that will build strength in your entire body. We’ll use circuits as well as group formats to encourage you to go a little further and feel stronger with each class. All equipment is fair game in this class- steps, bars, dumbbells and BOSU’s to name a few! All fitness levels welcome!

**Core Yoga:** Join us for a yoga practice which connects the mind and body through postures that will develop strength, flexibility and balance. Increase your flexibility by warming the muscles through movement. Detox and increase your cardiovascular health with this amazing class!

**Insanity Live!™:** A cardio-based total-body conditioning program. It is a body weight driven high intensity interval training (HIIT) class that will have you burning a maximum amount of calories while having tons of fun!

**Tabata Bootcamp:** This high intensity class will get your whole body moving! Tabata utilizes 20 seconds of high intensity work, followed by 10 second rest for 8 rounds method, to get all muscle groups involved and provide a great workout.

**They See Me Rollin’:** Foam rolling is an incredible restorative way to keep your body from getting injuries in the future and to prevent and treat tightness due to everyday activity.

**TurboKick:** Cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes!

**Yoga:** This full body workout consists of conscious breath, posture and relaxation techniques to enhance mental awareness, muscular strength and flexibility;