### Mondays
- **7:00-7:45 AM**  
  WOD with Fred (MAC Court)
- **Noon-12:25 PM**  
  20 minute HIIT or Group Workout of Choice - BY RESERVATION ONLY (HPC 366)
- **12:30-1:00 PM**  
  30 minute Stretch or Group Workout of Choice - BY RESERVATION ONLY (HPC 366)
- **7:00-8:45 PM**  
  FOD (Fitness on Demand) & Pop-up Classes - See the Campus Rec App for Details (HPC 367)
- **9:00-9:45 PM**  
  FOD (Fitness on Demand) & Pop-up Classes - See the Campus Rec App for Details (HPC 367)

### Tuesdays
- **6:10-6:55 AM**  
  WOD with Fred (MAC Court)
- **8:00-8:45 AM**  
  Paddle Board Core Yoga with Tamra (Pool)
- **Noon-12:25 PM**  
  20 minute Spin with Karsen (Spin Area)
- **12:30-1:00 PM**  
  30 minute Yoga Flow with Karsen (HPC 354)
- **3:00-3:45 PM**  
  WOD with Terryn (MAC court)
- **6:00-6:45 PM**  
  Tone with Karsen (HPC 366)
- **7:00-7:45 PM**  
  Spin with Deshka (Spin Area)
- **7:00-9:00 PM**  
  Ballroom Dance Lab (HPC 367)
- **9:00-9:45 PM**  
  Ballroom Dance with Andy (HPC 367) - This course begins February 15th 2022

### Wednesdays
- **6:05-6:30 AM**  
  20 minute Spin with Chelsea (Spin Area)
- **6:35-7:00 AM**  
  Focused 15 with Chelsea (Spin Area & Track)
- **7:00-7:45 AM**  
  WOD with Fred (MAC Court)
- **7:00-7:45 AM**  
  Slow Flow Yoga with Shauna (HPC 367)
- **7:00-7:45 AM**  
  Group Climbing with Mac (Rock Wall)
- **8:00-8:45 AM**  
  Group Climbing with Jonathan (Rock Wall)
- **Noon-12:25 PM**  
  20 minute HIIT with MAC (HPC 366)
- **12:30-1:00 PM**  
  30 minute Stretch with MAC (HPC 366)
- **4:00-4:45 PM**  
  HIGH Fitness with Stacy (HPC 354)
- **5:10-5:55 PM**  
  Butts & Gutts with Terryn (HPC 367)
- **6:00-6:45 PM**  
  Group Swim with Jazmin (Pool)
- **7:00-7:45 PM**  
  Spin with DeAnna (Spin Area)
- **7:15-7:45 PM**  
  Line Dancing with Josh (HPC 354)
- **8:00-8:45 PM**  
  UJAM & Hip Hop with Pamela (HPC 367)
- **8:00-8:45 PM**  
  Swing with Brooke and Josh (HPC 354)
- **9:00-9:45 PM**  
  Advanced Swing with Brooke and Josh (HPC 354)

### Thursdays
- **6:10-6:55 AM**  
  WOD with Fred
- **8:00-8:45 AM**  
  Paddle Board Core Yoga with Tamra (Pool)
- **Noon-12:25 PM**  
  20 minute Spin with Karsen (Spin Area)
- **12:30-1:00 PM**  
  30 minute Yoga Flow with Karsen (HPC 354)
- **3:00-3:45 PM**  
  WOD with Terryn (MAC court)
- **5:10-5:35 PM**  
  20 minute Spin with Terryn (Spin Area)
- **5:40-6:00 PM**  
  Upper Body Burn (HPC 354)
- **6:00-6:45 PM**  
  Tone with Karsen (HPC 366)
- **7:00-10:00 PM**  
  Raging Red & PB Dance Lab (HPC 354)
GROUP FITNESS CLASSES SPRING 2022

<table>
<thead>
<tr>
<th>Class</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOD</td>
<td>In Workout of the Day (WOD) our personal trainers, Fred or Terryn will lead you through a 45-minute workout utilizing functional movements, weighted exercises and body weight exercises. There is a supportive team atmosphere that will up your motivation and push you to break through physical limits.</td>
</tr>
<tr>
<td>Group Climbing</td>
<td>Utilize the climbing wall and guidance from supportive instructors to help challenge you at your level. Be prepared to learn to climb, belay, and boulder. You’ll be surprised what you can accomplish in a 45-minute climb. No climbing or bouldering experience necessary.</td>
</tr>
<tr>
<td>Slow Flow Yoga</td>
<td>Move the dial to a more healthy you by connecting with your mind, body, and spirit to help lower stress. Practice Mindfulness through an accessible slow flow for all levels. This class includes breath work, warm-up, strengthening &amp; balance poses, stretching and meditation.</td>
</tr>
<tr>
<td>Yoga Flow</td>
<td>Our 30 minute Yoga flow is scheduled during the middle of the day for you to take a break from studies and work and to release tension through a mid-day Yoga practice. This class includes breath work, warm-up, strengthening &amp; balance poses, stretching and meditation.</td>
</tr>
<tr>
<td>Tone</td>
<td>Kick off your shoes for a full-body workout using a variety of equipment and bodyweight movements. All fitness levels are welcomed and will be challenged at their own level. Tone is taught by one of our personal trainers, Karsen. Come utilize her fitness expertise!</td>
</tr>
<tr>
<td>Stretch</td>
<td>Taught by our Personal Trainer, Mac, Stretch is available on Mondays by booking only and on Wednesdays as a 30 minute session you can drop in for. Mondays book a group reservation for a minimum of 4 people (18 max). Stretch is perfect to enjoy with friends of all fitness levels. Enhance flexibility and reduce muscle tension and stress with a full-body stretch.</td>
</tr>
<tr>
<td>Spin</td>
<td>This spring we are offering both 20 minute and 45 minute spin sessions. If you can’t make it to the gym for a 45 minute workout, pop in to a moderate to high intensity spin experience. If you’re really looking to up your cardio game Tuesday or Wednesday evening spin sessions will get your heart into your training zone. You control the resistance and pedal speed creating just the right intensity for you. Space is limited. You’re welcome to drop in or make a reservation to reserve your bike. Reservations will be given to other participants at the scheduled start time.</td>
</tr>
<tr>
<td>20 minute HIIT</td>
<td>High Intensity Interval Training (HIIT) is a training technique where you work at 80-100% capacity for high intensity intervals followed by rest or low intensity intervals. This spring our HIIT workouts are short manageable sessions offered Mid-day on Wednesdays as a drop in class or on Mondays by Reservation only.</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>In this 30-minute Line Dancing drop in class, you will learn a variety of line dances from one of our high energy personal trainers, Josh. In line dancing you will be having so much fun, you’ll forget you’re working out.</td>
</tr>
<tr>
<td>Swing Dancing</td>
<td>Our swing dancing class is taught by Brooke &amp; Josh Asay who make Swing easy and fun to learn. Come learn swing dancing moves and just have fun moving to music. No partner is necessary. Come solo or bring your friends!</td>
</tr>
<tr>
<td>UJam &amp; Hip Hop</td>
<td>Pamela makes UJam &amp; Hip Hop easy and fun! This dance fitness class uses urban music and every class feels like a party. Each 45-minute class consists of a warm-up song with stretches, songs to get your heart rate up and a cool down song with a few more stretches.</td>
</tr>
<tr>
<td>SUP Core Yoga</td>
<td>Stand up Paddle Board (SUP) Core Yoga will be a way to stretch, strengthen and de-stress. Come in leggings and a tank top or wear a bathing suit. You may choose to get wet during the workout so dress in something you don’t mind getting into the pool with. Work on your balance and strength and simply play on our Glide Paddle Boards in the pool.</td>
</tr>
<tr>
<td>Group Swim</td>
<td>Jazmin will guide you through an individualized swim workout and provide you with feedback to enhance your swim strokes and to make sure you maximize your time in the pool. Beginner to Advanced swimmers will benefit from this small group swim workout.</td>
</tr>
<tr>
<td>FOD</td>
<td>Fitness on Demand (FOD) is a great way to get variety into your workouts. FOD sessions will begin automatically or you can ask our fitness attendants for a specific type of workout. FOD is a video based workout with the support of our group fitness attendants to help you with your equipment needs for the class.</td>
</tr>
<tr>
<td>HIGH</td>
<td>HIGH is a great workout for anyone from beginners to Elite athletes. Come get a great 45-minute workout to your favorite songs!</td>
</tr>
<tr>
<td>Upper Body Burn</td>
<td>Upper body burn is taught by our talented personal trainer, Terryn. Following her 20-minute Spin class, Terryn will lead you through an upper body workout utilizing weights and bodyweight exercises for a 20-minute upper body burn.</td>
</tr>
<tr>
<td>Ballroom Lab</td>
<td>Ballroom Dance Lab is an open time for our campus community to use the floor to enhance their ballroom skills. A member of our DSU ballroom team will be available to play ballroom music and provide feedback as you utilize the time to work on your own technique.</td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td>Andy traveled and performed internationally with his collegiate ballroom company and he is here to offer fun and individualized ballroom instruction for this 45-minute group fitness class. No partner required. This course begins on February 15th 2022.</td>
</tr>
<tr>
<td>Butts &amp; Gutts</td>
<td>This 45 minute workout will focus on your core and lower body (especially those glutes). We hope you’ll feel empowered as you increase your strength and stamina in Butts &amp; Gutts!</td>
</tr>
</tbody>
</table>

--PLEASE CONTACT JENELLE.YOUNG@DIXIE.EDU WITH ANY QUESTIONS--