

Group X Class Description

All of our group exercise classes are offered free of charge to students, faculty, and staff members of the CRC. Classes are designed to take the guess work out of programming and provide a fun and safe activity for all fitness levels. "Fit Club" studio time is faculty and staff ONLY.

Body Burn

heart pumping and calorie burning. Fun and challenging for every individual from beginner to advanced.

Classes: HIIT or MISS IT, Fit Zone (HIIT circuit), B&D Full Body Assault, Crazy Calisthenics

Strength & Tone

Programmed to tone and build strong muscles. Combined with weights and body weight training. **Classes:**

Aggie Boot Camp, Evolve, Get Fit w/Jazz, Booty Bootcamp, AbZ w/JaZZ, Tummy Toner

Specialty Classes

Combines fun, exercise along with healthy habits that will last a lifestyle. **Classes:** Zumba, Dance with Fire, Wind and Grind, Strechability, Just Stretch, Karate

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00am						
7:00 am						
8:00 am		Sports Endurance				
9:00 am			Dance With Fire			
10:00 am		Stretchability		Booty Boot Camp		
11:00 am						
11:30 am		Dance with Fire		Dance With Fire		
12 :00pm					Just Stretch	
12:30 pm	Evolve	Evolve	Evolve	Evolve		
1:00 pm						
1:30 pm						
2:00 pm						
3:00 pm	HIIT it or Miss it					Crazy Calisthenics
4:00 pm	Fit Zone	Fit Zone	Fit Zone	Fit Zone		
5:00 pm			Aggie Bootcamp			Tummy Toner
5:30 pm						
6:00 pm	Zumba	Wind and Grind	HIIT it or Miss it	Zumba		
6:30pm					Wind and Grind	
7:00 pm				B&D Full Body Assault		
7:30 pm	Karate		Karate			
8: 00 pm		Get Fit W/ Jazz		Get Fit W/ Jazz		
8: 30 pm						
9:00 pm	AbZ W/Jazz					