

North Carolina Agricultural & Technical State University

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.

BODY BURN

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

- Evolve Fitness
- Speed Zone
- Turbo Toning
- Cardio Dance

STRENGTH and TONE

Programmed to tone and build strong muscles. Combined with weights and body weight training fitness levels are maximized.

- Ab Attack
- Speed Zone
- Stretch and Flex

Specialty Classes

Combines fun, exercise and learning healthy habits that will last a lifestyle.

- Karate
- Lose to Win (weight loss / nutrition)
- Yoga W/ Youme'
- Yoga & Meditation (Euphoric Mind)
- Kimetic Connection

	Monday	Tuesday	Wednesday	Thursday	Friday
7am		Athletic Flex & Stretch		Athletic Flex & Stretch	
8am					
9am					
10am		Yoga w/ Youme'		Yoga w/ Youme'	
11am	Kimetic Connection				
12pm					
12:30pm	Evolve	Evolve	Evolve	Evolve	
1pm	(leg day)	(cardio/core)	(upper body)	(stretch & flex)	Kimetic Connection
1:30pm					
2pm					
3pm	Turbo Toning	Turbo Toning	Turbo Toning	Turbo Toning	
4pm		Get Fit: Total Body Workout			
5pm	Ab Attack	Speed Zone (agility)	Ab Attack	Strength Zone (weights)	
6pm	Euphoric Mind		Cardio Dance	Jam 2 Fit	Euphoric Mind
6:30pm		Lose 2 Win	Work In Motion		
7pm				Gloves Off	
7:30pm	Karate		Karate		
8pm				Get Fit: Total Body Workout	
8:30pm					
9pm	Aggie Heartthrobs	Aggie Heartthrobs	Aggie Heartthrobs	Aggie Heartthrobs	
10pm					
11pm					