

# TIGERX

## SUMMER 2019 SCHEDULE

**JUNE 3 - JULY 26**

**\$33** SUMMER SEMESTER  
**MEMBERSHIP**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 AM SUNRISE CYCLE TL	7:00 AM VINYASA LEVEL 1 C	6:15 AM SUNRISE CYCLE TL	7:00 AM VINYASA LEVEL 2 C	6:15 AM SUNRISE CYCLE TL
7:00 AM INSANITY® A	7:00 AM FUNCT. FITNESS SG	7:00 AM INSANITY® A	7:00 AM FUNCT. FITNESS SG	
5:00 PM ZUMBA® A	4:15 PM HIIT A	5:00 PM ZUMBA® A	11:00 AM FUNCT. FITNESS SG	
5:00 PM CYCLING TL	5:00 PM PUMP A	5:00 PM CYCLING TL	5:00 PM CYCLING TL	
5:00 PM POWER YOGA C	5:00 PM CYCLING TL	5:00 PM POWER YOGA C	6:00 PM PUMP A	
6:00 PM PUMP A	6:00 PM STRESS RED. YOGA C	6:00 PM PUMP A		
6:00 PM MAT PILATES C		6:00 PM MAT PILATES C		

**KEY [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [SG] :: STALCUP'S GARAGE [DW] :: DIVING WELL [LW] :: LIFEWORKS DANCE**

**IMPORTANT DATES NO CLASSES THURSDAY, JULY 4 (INDEPENDENCE DAY HOLIDAY)**

## CARDIO

### FUNCTIONAL FITNESS TRAINING | 45 minutes

This 45 minute training class is aimed at providing you with strength, stability, power, mobility, endurance, and flexibility. Each class will incorporate the use of a variety of equipment, including TRX®, Kettlebells, Med Balls, Battle Ropes, and much more to help teach all the muscles of your body to work together. These classes will challenge you head-to-toe in a small group setting.

### H.I.I.T. | 30 minutes

High Intensity Interval Training (H.I.I.T.) produces remarkable results in both aerobic and anaerobic capacities. Push yourself during your work period, and come back with a recovery period for true interval work. Maximize your results while minimizing your time with a cardio workout designed to get your heart rate up!

### INSANITY® | 50 minutes

INSANITY® is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. You don't have to be in extreme shape- levels of each exercise are provided. Time to dig deep!

## CYCLING

### CYCLING | 50 minutes

This class will lead you through flat roads, hills, intervals, and more -- ensuring a fun and challenging cardio workout. Work at your own level as our instructors guide you through both intermediate and advanced drills.

### SUNRISE CYCLE | 1 hour

A mixture of intermediate and advanced cycling drills will give you the workout you desire first thing in morning. Come prepared to work hard and sweat your way to great cardio fitness.

## DANCE

### ZUMBA® | 50 minutes

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## PILATES

### MAT PILATES | 50 minutes

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This mat-based class will maximize abdominal strength while increasing flexibility in the rest of the body.

## STRENGTH

### PUMP | 50 minutes

This class will strengthen all major muscle groups by using weights, bands, bars, balls, and bodyweight resistance. Exercises can be tailored to any skill and strength level. Guaranteed to pump you up! If you are looking for a longer, more targeted workout check out our hour-long Pump class, Pump (Xtended).

## YOGA

### POWER YOGA | 50 minutes

Synchronize movement with breathing by linking traditional Yoga postures together into a flowing, dynamic practice. Previous yoga experience is recommended.

### STRESS REDUCTION YOGA | 50 minutes

Stress Reduction Yoga uses postures, breath, and meditation to slow the sympathetic nervous system's response to stress. The techniques learned in this class can be used in everyday life to reduce stress and bring attention to the present moment. Leave this class feeling calm, positive, and relaxed.

### VINYASA YOGA LEVEL 1 | 50 minutes

Poses flow from one into the next in this yoga class designed to bring breath and movement into union. This class will create focus, power, and alignment. Level one courses are designed for those newer to the practice of yoga.

### VINYASA YOGA LEVEL 2 | 50 minutes

This class is designed for those who are familiar with yoga, and have an ongoing practice. Poses will be a little harder, and the flow may be quicker in this level. Flow from one pose into the next linking breath and movement to create energy and power.

## Don't forget!

RESERVE YOUR SPOT FOR **ALL** CLASSES.

[SERVICES.MIZZOUREC.COM](https://services.mizzourec.com)

**Class entry priority will be given to members who have reserved a spot.** After that, it's first come, first served. All you need is your Mizzou ID and an active TigerX membership or class pass.

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