

# Tiger Fitness Schedule

Fall 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
						<b>Class Location Key</b>								
<b>5:30-6:30 AM</b>	<b>Variety Fitness</b>		<b>Variety Fitness</b>			<b>Wellness Center</b>								
						<b>Gym 121</b>								
						<b>Dance Room-122</b>								
<b>12:15-12:45PM</b>	<b>Boot Camp</b>	<b>TRX-BODY</b>	<b>Boot Camp</b>	<b>TRX-CORE</b>	<b>Boot Camp</b>									
<b>4:40-5:20pm</b>	<b>Cardio Xplosion</b>	<b>Triple Threat</b>	<b>Total Body &amp; Tabata</b>	<b>Triple Threat</b>		<b>All Fitness Classes will take place in Cunningham Hall</b>								
<b>5:30-6:20pm</b>	<b>Mobility &amp; Flexibility</b>	<b>ZUMBA</b>	<b>YOGA</b>	<b>ZUMBA</b>										
<b><u>Description of Fall 2013 Classes</u></b>														

**Variety Fitness-** This class is a great way to start your day! Come check out the different variations of workouts and challenges we have for your body.

**Bootcamp -** A constantly varied, high intensity, functional workout. Can be scaled to any age and fitness level, come check it out and see results.

**Total Body & Tabata -** A Tabata workout is an interval training cycle of 20 seconds of max intensity, followed by 10 seconds of rest, repeated without pause 8 times for a total of four minutes.

**Zumba-** a Latin-inspired dance-fitness class. The cardio based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteals, legs, arms, core, abdominals, and the most important muscle in the body, the heart.♥

**Cardio Xplosion-** This is a high-intensity cardio-based workout class. Get your heart rate cooking and clothes drenched!

**Yoga-** This class is a great way to focus on the mental, emotional and spiritual aspects of wellness. Surround yourself with a relaxing environment while working on the flexibility components of fitness.

**Triple Threat-** Cardio, strength, and core training in twenty minute segments designed to help you get the most out of your workout in the least amount of time

**Mobility & Flexibility-** work to increase range of motion, prevent aches and pains, and alleviate soreness through various movements.

**TRX BODY & CORE-** By utilizing your own bodyweight, the TRX Suspension Trainer allows you to perform multiple movements and gain strength in several areas. Other body weight and core exercises will be included.