**Fall Group X Schedule**

**Sept. 4th - Oct. 12th**

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<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>6:30-7:30am</td>
<td>Pilates</td>
<td>Trim N Tone</td>
<td>Spin</td>
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<td>12:10-12:50pm</td>
<td>Zumba</td>
<td>Pilates</td>
<td>Yoga</td>
<td>PILOXING</td>
<td>BoSu Blast</td>
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<td>12:10-12:50pm</td>
<td>Cardio Conditioning</td>
<td>Spin</td>
<td>Muscle Blast</td>
<td>Jump Circuit</td>
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<tr>
<td>4:30-5:30pm</td>
<td>Turbo Kick</td>
<td>Hip Hop</td>
<td>Step Aerobics</td>
<td>Zumba</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Muscle Blast</td>
<td>Jump Circuit</td>
<td>Yoga</td>
<td>Circuit</td>
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<tr>
<td>6:30-7:30pm</td>
<td>STAR</td>
<td>Zumba</td>
<td>Hip Hop</td>
<td>Kickboxing</td>
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<td>7:30-8:30pm</td>
<td>Zumba</td>
<td>Turbo Kick</td>
<td>Spin</td>
<td>Jump Circuit</td>
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<td>8:30-9:30pm</td>
<td>Yoga</td>
<td>Muscle Blast</td>
<td>Circuit</td>
<td>Yoga</td>
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**Must be a current RSC member**

For more info contact:
Shanna Moody, Fitness/Wellness Coordinator
254.968.0762 smoody@tarleton.edu

*teXanFit is a fee based program and requires advance sign up.*
BoSu Blast – Want to bump up your fitness level? The BOSU ball makes exercise extra challenging. Try this challenging total body workout for the glutes, hips, thighs, upper body, and core on the BOSU ball.

Cardio Conditioning - an intense fat burning class that will improve muscular strength and cardiovascular endurance. Come try this high energy head to toe workout that will blast away the calories! Take your workout to a whole new level with interval training.

Circuit - A combination of cardio intervals and strength training stations are designed to give you a unique, fat-burning, total-body workout.

Hip Hop - Its time break out all the moves you didn’t know you had for these Hip Hop Workouts. These energetic classes will give you a great workout and a great time! Let’s Hip Hop!

Jump Circuit – Where FITNESS meets FUN! Jump your way through a calorie burning, low-impact, cardiovascular workout on the Jump Sport Fitness Trampoline. (Limited to first 10 participants)

Kickboxing: Are you ready for a total body workout that really kicks butt? Then come try 40-45 minutes of easy to follow drill based cardio kickboxing and boxing exercises with 15 minutes of core and flexibility work.

Muscle Blast– Muscle = Metabolism. Barbells, dumbbells, tubes and fitness balls. You name it... If it strengthens your body, we’ll be using it. Upper body focused, Lower body focused or lean for total body

Pilates– Pilates teaches you to initiate movement from you “Power House” a term used for the musculature in the lower abdominals, low back, glutes, and inner thigh. The result? A longer, stronger, more balanced body!

PILOXING – A unique mix of Pilates and boxing into a fat torching and muscle sculpting workout guaranteed to whip you into shape. Experience the transformation as you attain a sleek, sexy and powerful self-image.

Step Aerobics - Step up your workout with this classic combination of powerful step moves and choreography to get your heart pumping! Traditional step moves will be taught as well as high energy short interval bursts to maximize your results.

STaR – Spinning, Toning, Abs, Relaxation- Starts with 25 minutes of cardio spinning, followed by a total body sculpt session. Then add 10 minutes of intense abs and top it all off with a relaxing stretch.

Spin - This is the workout you’ve been looking for! A ride to keep you on the edge of your cycling seat. Water and towel recommended.

Trim N Tone - Tone and sculpt your muscles while you burn fat and improve overall bone density with this exciting total body strengthening workout.

Turbo Kick - You will kick, punch and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. Turbo kick is the hottest cardio kickboxing class around. It’s the evolution of kickboxing and hip hop.

Yoga - Connect your body, mind and spirit in this fitness based Yoga class. A relaxing and challenging workout all in one! This is a combination of breathing, strength, flexibility, balance and relaxation techniques.

Zumba - A fusion of Latin and international music and dance themes together for a great, dynamic, and effective fitness class. The routines combine fast and slow rhythms that tone, sculpt, and inspire! Get your body moving with this HOT Latin Inspired workout. Fun and easy to do moves will get your heart pumping. Ditch the workout, join the party!