

# 2014 Fall Fit Pass Classes

## Monday

- MP#1 6:30-7:30am Anahata Yoga
- MP#3 6:30-7:15am Sunrise Cycle
- MP#2 7:30-8:30am **BODYPUMP®**
- MP#1 12:10-12:55pm Zumba
- MP#2 12:10-12:55pm **BODYPUMP®**
- MP#3 12:10-12:55pm Cycle Express
- WR 12:10-12:55pm Body Blitz
- MP#2 1:05-1:35pm Core and More
- MP#2 4:00-5:00pm **BODYPUMP®**
- MP#3 4:15-5:00pm Interval Cycle
- MP#1 5:15-6:15pm Sunset Yoga
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#3 6:00pm Cycle Fit
- MP#1 6:30-7:30pm Zumba
- MP#2 6:30-7:30pm **BODYPUMP®**

## Tuesday

- MP#2 6:30-7:30am **BODYPUMP®**
- MP#3 7:30-8:15am Jump Start Cycle
- MP#2 8:15-9:00am Cardio HIIT
- MP#1 12:10-12:55pm Flow Yoga
- MP#2 12:10-12:55pm **BODYPUMP®**
- MP#3 12:10-12:55pm Cycle Express
- MP#1 1:05-1:35pm Power Yoga
- MP#2 1:05-1:35pm Butts and Guts
- MP#2 3:15-4:00pm Step It Up
- MP#1 4:00-5:00pm Vinyasa Yoga
- MP#2 4:15-5:00pm Cardio Kick
- MP#3 4:15-4:45pm Make it Count Cycle
- MP#1 5:15-6:15pm Zumba
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#3 5:15-6:00pm Cycle Recharge
- MP#2 6:30-7:15pm HIIT it!
- MP#2 7:30-8:00pm Ab Blaster

## Wednesday

- MP#1 6:30-7:30am Anahata Yoga
- MP#3 6:30-7:15am Sunrise Cycle
- MP#2 7:30-8:30am **BODYPUMP®**
- MP#1 12:10-12:55pm Zumba
- MP#2 12:10-12:55pm **BODYPUMP®**
- MP#3 12:10-12:55pm Cycle Express
- WR 12:10-12:55pm Body Blitz
- MP#2 1:05-1:35pm Core and More
- MP#2 4:00-5:00pm **BODYPUMP®**
- MP#3 4:15-5:00pm Interval Cycle
- MP#1 5:15-6:15pm Sunset Yoga
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#3 6:00pm Cycle Fit
- MP#1 6:30-7:30pm Zumba
- MP#2 6:30-7:30pm **BODYPUMP®**

## Thursday

- MP#2 6:30-7:30am **BODYPUMP®**
- MP#3 7:30-8:15am Jump Start Cycle
- MP#2 8:15-9:00am Cardio HIIT
- MP#1 12:10-12:55pm Flow Yoga
- MP#2 12:10-12:55pm **BODYPUMP®**
- MP#3 12:10-12:55pm Cycle Express
- MP#1 1:05-1:35pm Power Yoga
- MP#2 1:05-1:35pm Butts and Guts
- MP#2 3:15-4:00pm Step It Up
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- MP#2 4:15-5:00pm Cardio Kick
- MP#3 4:15-4:45pm Make it Count Cycle
- MP#1 5:15-6:15pm Zumba
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#3 5:15-6:00pm Cycle Recharge
- MP#2 6:30-7:15pm HIIT it!
- MP#2 7:30-8:00pm Ab Blaster

## Friday

- MP#1 6:30-7:30am Anahata Yoga
- MP#2 7:30-8:30am **BODYPUMP®**
- MP#1 12:10-12:45pm Pilates
- MP#2 12:10-12:55pm **BODYPUMP®**
- MP#3 12:10-12:55pm Cycle Express
- MP#2 1:05-1:35pm Core and More
- MP#1 4:00-5:00pm Vinyasa Yoga
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#1 5:15-6:15pm Zumba

## Saturday

- MP#3 9:30-10:15am Beaver Breakaway
- MP#1 10:00-11:00am Anahata Yoga
- MP#2 10:30-11:30am **BODYPUMP®**
- MP#2 12:00-1:00pm Zumba

## Sunday

- MP#1 10:30-12:00pm Tea Time Yoga With Ryan
- MP#3 4:00-5:00pm Cycle Fit
- MP#2 5:15-6:15pm **BODYPUMP®**
- MP#2 6:30-7:30pm Zumba

MP#1 Multipurpose Room 1

MP#2 Multipurpose Room 2

MP#3 Multipurpose Room 3

WR Weight Room

ANNUAL unlimited pass **\$126**  
 NINE month unlimited pass **\$110**  
 TERM unlimited pass **\$50**  
 ONE class **\$7**

FALL FIT PASS CLASSES  
**START** Monday, Sept, 29th  
**END** Wednesday, Dec, 10th at 2pm

[oregonstate.edu/recsports/fitness](http://oregonstate.edu/recsports/fitness)

Accommodation requests related to a disability should be made to Erika Hanselman Green, 541-737-6808.

\*Try classes for **FREE** Sept 22-25

# Fit Pass Class Descriptions Fall 2014

## Resistance

Enjoy resistance training in a fun, and supportive environment!

### Ab Blaster

Interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

### Body Blitz

Join us for this 45-minute instructor led class in Weight Room #2 on our beautiful free motion equipment. This circuit class will give you a full body workout and will send you out feeling like a whole new person. Great for all levels whether you are a first time lifter or just what you need to get you out of your box!

### BODYPUMP™ - LES MILLS™ barbell class

Great bodies aren't born; they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength, and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift, and curl. The cutting-edge BODYPUMP™ choreography and chart-topping music is refreshed every three months so with your choice of weight and highly-trained instructors you can get the group effect and results you've been looking for!

### Butts and Guts

Butts and Guts are a dynamic core, butt, and legs class that will make you sweat! Come ready to work hard and have fun in this 30 minute workout!

### Cardio HIIT

Cardio HIIT takes on the High-Intensity Interval Training principles and uses them for this 45 minute cardio workout. Be prepared to work hard and you will leave this class sweating and smiling!

### Core and More

Work the "core" of your body including abs, low back, and the entire torso. The use of all types of equipment as well as great music make this 30-minute class fly by

### HIIT it!

This 45-minute total workout pushes you as hard as you want to be pushed. HIIT it! Will have you dripping with sweat after 10 minutes, and done in less than 30 minutes. Will include components of a safe effective warm-up and large muscle group stretches (which will round out the 45 minutes).

### Pilates

Recruit your core to feel the heat! Tighten and tone while improving balance, strength, and flexibility.

## Indoor Cycling

No Drafting! No tailwind! No excuses!!

### Beaver Breakaway

Maren with delight you with hills, sprints and the social fun of riding in a indoor peloton! Enjoy 45 minutes in a supportive yet inspiring atmosphere.

### **Cycle Express**

Power up your lunch break with this interval based, fast paced, and high intensity class. This class designed for all levels will allow you to get in an awesome workout in the middle of your day!

### **Cycle Recharge**

Does an hour on a bike seem long to you?? Then this is the class for you. Get in and get out! 45 minute cycling is here! Whether this is the first time on an indoor bike or you are an avid cyclist this class is for you!! Interval based for a customized workout catered to your fitness and energy level for the day.

### **Cycle Fit**

Does an hour on a bike seem long to you?? Then this is the class for you. Get in and get out! 45 minute cycling is here! Whether this is the first time on an indoor bike or you are an avid cyclist this class is for you!! Interval based for a customized workout catered to your fitness and energy level for the day.

### **Interval Cycle**

Studies have proven that 30-45minutes is all you need for an effective/challenging and calorie blasting workout. Join the pros at 4:15 every day to get in, work hard, have some fun, and get out!

### **Jump Start Cycle**

Jump Start your day with a fun energetic cycling session! Instructors will lead you through a variety of rides teaching cycling terms, safe cycling protocol, and how to have fun to great music.

### **Make it Count Cycle**

Studies have proven that 30-45minutes is all you need for an effective/challenging and calorie blasting workout. Join the pros at 4:15 every day to get in, work hard, have some fun, and get out!

### **Sunrise Cycle**

Jump Start your day with a fun energetic cycling session! Instructors will lead you through a variety of rides teaching cycling terms, safe cycling protocol, and how to have fun to great music.

## **Studio Classes**

No experience needed!! Come and have fun!

### **Cardio Kick Boxing**

A high-powered kickboxing work out that combines choreography and basic boxing skills to make a heart pounding routine. It's a great muscle building workout to keep the heart rate high while increasing strength and cardio endurance.. Basic choreography will be built on throughout the term.

### **Step it Up!**

Come and get a full cardio workout using a variety of step combinations; new steppers to advanced steppers are welcome to this high energy and motivating environment.

### **Zumba!!**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, and awe-inspiring movements meant to engage and captivate for life!

## **Mind/Body Classes**

Ohmmmmmmmm.....

**Anahata Yoga: Get "un-stuck" from your routine with this yoga class.**

Yoga will help you increase strength and flexibility in addition to many other physiological benefits. Join Rachel as she guides you through this challenging, yet accessible sequence for all levels of practitioners. Whether brand new to yoga or a long time yogi, this class has something to offer you. Modifications are offered to both increase and decrease intensity throughout all parts of the class. This sequence is taught in a Vinyasa/Power Style, which includes a cardiovascular element as well as a core workout. Yoga is a great way to change up your workout and daily routine.

**Power Yoga**

Focusing on physical movement of the body, this class incorporates standing yoga sequences to sculpt, strengthen and stretch the body with a focus on spinal alignment, cueing and technique. This class will help to create a calm and centered mind. Great for the inner athlete in all of us!

**Sunset Yoga**

Reward your body with Yoga any time of the day! A vigorous array of flowing asanas and balance poses. Cultivate increased flexibility, strength, endurance, balance, and peace of mind, body and heart. All levels will be challenged. Bring your energy!

**Tea time Yoga w/ Ryan**

This 1.5 hour Sunday morning Yoga encourages a slower pace but thorough Yoga experience A vigorous array of flowing asanas coupled with some meditation and yoga philosophy. Cultivate increased flexibility, strength, endurance, balance, and peace of mind, body, and heart. All levels will be challenged. Bring your energy!

**Vinyasa Yoga/Flow Yoga**

Reward your body with Yoga any time of the day or night! A vigorous array of flowing asanas and balance poses. Cultivate increased flexibility, strength, endurance, balance, and peace of mind, body and heart. All levels will be challenged.