

# TIGERX

## FALL 2020 SCHEDULE

**AUG. 24 – DEC. 17**

No classes: Labor Day Sept. 5-7  
Thanksgiving Break Nov. 20-29

Classes are available at no charge to all Rec Fee paying students and MizzouRec members.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:15 AM SUNRISE CYCLE TL	6:15 AM SUNRISE CYCLE TL	6:15 AM SUNRISE YOGA V	6:15 AM SUNRISE CYCLE TL	8 AM CYCLING TL	
9 AM PUMP V	10 AM HIIT V	6:15 AM SUNRISE CYCLE TL	8 AM CYCLING TL	11 AM BALLET BOOT CAMP V	
10 AM CYCLING TL	11 AM PUMP XPRESS V	9 AM PUMP V	10 AM HIIT V	12 PM POWER PILATES V	
12 PM HIIT V	11 AM CYCLING TL	10 AM CYCLING TL	11 AM PUMP XPRESS V	1 PM REFORMER PILATES C	
12 PM CYCLING TL	5 PM PUMP V	12 PM HIIT V	5 PM PUMP V	4:30 PM PUMP V	
1 PM REFORMER PILATES C	5 PM ADV. REF. PILATES C	12 PM CYCLING TL	5 PM ADV. REF. PILATES C	4:30 PM VINYASA ALL LVL V	
1 PM CYCLING TL	5 PM STRESS RED. YOGA V	1 PM ADV. REF. PILATES C	5 PM STRESS RED. YOGA V	4:30 PM CYCLING TL	
4:30 PM BALLET BOOT CAMP V	5 PM CYCLING TL	4:30 PM BALLET BOOT CAMP V	5 PM CYCLING TL	5:30 PM CYCLING TL	
5 PM CYCLING TL	6 PM TURBO KICK® V	5:30 PM ZUMBA® V	6 PM TURBO KICK® V	6 PM MAT PILATES V	
5:30 PM ZUMBA® V	6 PM CYCLING TL	5:30 PM POWER PILATES V	6 PM CYCLING TL	<b>SATURDAY</b>	
5:30 PM POWER PILATES V	7 PM HIIT V	6:30 PM PUMP V	7 PM TIGER TEASE V	10:30 AM MAT PILATES V	
6:30 PM POWER YOGA V	7 PM TIGER TEASE V	6:30 PM REFORMER PILATES C	7 PM HIIT V	10:30 AM CYCLING TL	
8:30 PM STRESS RED. YOGA V	7 PM REFORMER PILATES C	6:30 PM POWER YOGA V	7 PM REFORMER PILATES C	11:30 AM STRESS RED. YOGA V	
	8 PM ABS & ARMS V	6:30 PM CYCLING TL	8 PM ABS & GLUTES V	11:30 AM REFORMER PILATES C	
	8 PM MAT PILATES V	7:30 PM BALLET V	8 PM MAT PILATES V	1 PM CYCLING TL	
		8:30 PM STRESS RED. YOGA V		<b>SUNDAY</b>	
				3 PM CYCLING TL	
				4 PM PUMP V	
				4 PM CYCLING TL	
				5 PM LW HIP HOP V	
				6 PM LW CONTEMPORARY V	
				7 PM POWER YOGA V	
				7 PM CYCLING TL	
				8 PM REFORMER PILATES C	

KEY [V] :: VIRTUAL CLASS [C] :: STUDIO C [TL] :: TIGER LAIR

**IMPORTANT | FINALS WEEK: 12/11-17 | Reservations are required for ALL TigerX Classes.**  
Reservations can be made no more than 24 hours in advance using the [MizzouRec app](#) or online at [services.mizzourec.com](#).

## CARDIO

### H.I.I.T. | 40 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!

### TURBO KICK® | 40 minutes

Turbo Kick® is the ultimate cardiovascular challenge that's inspired by dance, Tae Kwon Do, boxing, Tai-Chi, and funk. This class includes a blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

## CYCLING

### CYCLING | 40 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

### BALLET BOOT CAMP | 40 minutes

Work your muscles like a ballet dancer! This class incorporates the principles of ballet into strength-training exercises to work all major muscle groups. Ballet Boot Camp will leave you feeling poised, graceful, and strong.

### TIGER TEASE | 40 minutes

The hottest way to dance through your full body workout! Stylized choreography, ground work, and sexy moves are designed to work your core, glutes, quads, and arms. So, what are you waiting for? Bring your friends and make new ones as you add some spice into your workout!

### ZUMBA® | 40 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

### ADVANCED REFORMER PILATES | 40 minutes

Once you've tried our regular Reformer Pilates classes, take it a step higher with a more challenging Pilates Reformer workout! The goal is centered strength and development of coordination, flexibility, balance, and mental focus.

### MAT PILATES | 40 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.

### POWER PILATES | 40 minutes

This class incorporates all the principles of Pilates but,

adds in more advanced variations of Pilates exercises. Activate, isolate, and stabilize deep core muscles while improving posture, flexibility, balance and overall strength. Previous Pilates experience is recommended. Formerly known as Adv. Mat Pilates.

### REFORMER PILATES | 40 minutes

This class provides a unique opportunity to experience the sophisticated Reformer in a small group setting. This class is limited to 6 participants. The Pilates Reformer builds strength, increases flexibility and agility, and develops optimal core control and a strong back. Reformer is an invigorating total body workout open to all levels of fitness.

## STRENGTH

### ABS & ARMS | 40 minutes

Work your abs and your upper body muscles in this strengthening class. We use a variety of equipment to strengthen your abs, arms, shoulders, chest, and back for the ultimate upper body workout.

### ABS & GLUTES | 40 minutes

Work and strengthen your lower body and core with us. We use a variety of equipment to strengthen and work all muscles of your abs, low back, glutes and legs.

### PUMP | 40 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 | 40 minutes

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

### STRESS REDUCTION YOGA | 40 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.

### SUNRISE YOGA | 1 hour

Start your day with this inspiring mind/body workout. Flowing, classic yoga poses, breathwork, and an active meditation will leave you ready to start your day.

### VINYASA YOGA ALL LEVELS | 40 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.

**have reserved a spot.** After that, it's first come, first served. All you need is your Mizzou ID.

# MIZZOU REC

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## Don't forget!

RESERVE YOUR SPOT FOR **ALL** CLASSES.  
[SERVICES.MIZZOUREC.COM](http://SERVICES.MIZZOUREC.COM)

**Class entry priority will be given to members who**