

# TIGERX

## SPRING 2020 SCHEDULE

**JAN. 21-MAY 14**

**\$9** ONE CLASS  
**PASS**

**\$59** FULL SEMESTER  
**PASS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:15 AM SUNRISE CYCLE TL	3 PM CYCLING TL	6:15 AM SUNRISE YOGA C	3 PM BEG. REFORMER B	6:15 AM SUNRISE CYCLE TL	
8 AM CYCLING TL	4 PM PUMP A	6:15 AM SUNRISE CYCLE TL	3 PM CYCLING TL	10:30 AM ADV. REFORMER B	
10 AM CYCLING TL	4 PM ADV. REFORMER B	8 AM CYCLING TL	4 PM PUMP A	11 AM PUMP A	
10:30 AM ADV. REFORMER B	4 PM BALLET BOOT CAMP C	10:15 AM CYCLING TL	4 PM ADV. REFORMER B	12 PM CYCLING TL	
12 PM CYCLING TL	4 PM CYCLING TL	10:30 AM ADV. REFORMER B	4 PM BALLET BOOT CAMP C	3 PM MAT PILATES C	
1 PM FUNCTIONAL FITNESS SG	5 PM ZUMBA® A	11 AM FUNCTIONAL FITNESS SG	4 PM CYCLING TL	4:30 PM BALLET BOOT CAMP A	
2 PM BEG. REFORMER B	5 PM VINYASA ALL LEVELS C	12 PM CYCLING TL	5 PM DANCE FITNESS A	4:30 PM VINYASA ALL LEVELS C	
3 PM CYCLING TL	5 PM CYCLING TL	2 PM CYCLING TL	5 PM VINYASA ALL LEVELS C	4:30 PM CYCLING TL	
4 PM REFORMER PILATES B	6 PM BARBELL STRENGTH A	3 PM PIYO® STARTS 2/5 C	5 PM CYCLING TL	5:30 PM CYCLING TL	
4 PM BALLET BOOT CAMP C	6 PM MEDITATIVE YOGA C	3 PM CYCLING TL	6 PM TURBO KICK® A		
4 PM CYCLING TL	6 PM CYCLING TL	4 PM INSANITY® A	6 PM MEDITATIVE YOGA C	<b>SATURDAY</b>	
5:30 PM DANCE FITNESS A	6:30 PM FUNCTIONAL FITNESS SG	4 PM REFORMER PILATES B	6 PM CYCLING TL	10:30 AM MAT PILATES C	
5:30 PM POWER PILATES C	7 PM INSANITY® A	4 PM CYCLING TL	6:30 PM FUNCTIONAL FITNESS SG	10:30 AM CYCLING TL	
5:30 PM CYCLING TL	7 PM REFORMER PILATES B	5 PM FUNCTIONAL FITNESS SG	7 PM INSANITY® A	11:30 AM PUMP (XTENDED) A	
6:30 PM PUMP A	7 PM TIGER TEASE C	5:30 PM ZUMBA® A	7 PM REFORMER PILATES B	11:30 AM STRESS RED. YOGA C	
6:30 PM POWER YOGA C	8 PM ABS & ARMS A	5:30 PM POWER PILATES C	7 PM TIGER TEASE C	12 PM CYCLING TL	
6:30 PM BALLET B	8 PM MAT PILATES C	5:30 PM CYCLING TL	8 PM ABS & GLUTES A	<b>SUNDAY</b>	
6:30 PM CYCLING TL	8 PM SUP YOGA DW	6:30 PM PUMP A	8 PM MAT PILATES C	3 PM CYCLING TL	
7:30 PM INSANITY® A		6:30 PM BALLET B	8 PM SUP YOGA DW	4 PM HIP HOP C	
7:30 PM AS SEEN ON SCREEN C		6:30 PM POWER YOGA C		4 PM CYCLING TL	
8:30 PM ABS & GLUTES XPRESS A		6:30 PM CYCLING TL		5 PM CONT. DANCE C	
8:30 PM STRESS RED. YOGA C		7:30 PM HIIT A		6 PM POWER YOGA C	
		7:30 PM JAZZ C		7 PM TURBO KICK® A	
		8:30 PM STRESS RED. YOGA C		7 PM STRESS RED. YOGA C	
				7 PM CYCLING TL	

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

**IMPORTANT DATES** FREE WEEK: 1/21-26 | BRING A FRIEND WEEK: 2/24-3/1 | NO CLASSES SPRING BREAK: 3/20-29 | FINALS WEEK: 5/8-14

## 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!

### **KNOCKOUT | 45 minutes**

Get ready to kick, box, and knockout your way into fitness. This advanced cross-training workout offers aerobic kick-boxing segments interspersed with short bursts of training drills. *Hand wraps are required to punch bags.*

### **TRIPLE THREAT | 1 hour**

Get the best of three worlds with Triple Threat! It combines 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core work to give you the ultimate total body workout.

### **TURBO KICK® | 50 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 | 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.

### **ENDURANCE CYCLING | 90 minutes**

Saddle up for a 90 minute ride that will travel through various roads and a variety of drills. This class is designed for those that are looking to train longer and harder for the road outside. Previous cycling experience (indoors and outdoors) is helpful when taking this class.

### **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 | 50 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.

### **DANCE FITNESS | 50 minutes**

Groove to the beat and burn calories at the same time. Come workout to beat dropping tunes while increasing your heart rate and having fun. Instructors will use a variety of dance moves to rev up your metabolism for a heart-pounding, sweat-producing workout. No previous dance experience is necessary.

### **TIGER TEASE | 50 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® | 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

### **ADVANCED REFORMER PILATES | 50 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.

### **BEGINNING REFORMER PILATES | 50 minutes**

This class is designed for those brand new to using the Pilates Reformer. Students will learn how to set-up and break-down equipment, personalize reformer settings, focus on breathing, body-awareness and the core principles that constitute the Pilates repertoire.

### **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.

### **PILATES PLUS | 50 minutes**

Challenge all your muscles with this combination of traditional Pilates moves and strengthening exercises using core boards, bands, and medicine balls. Benefits include improved core strength, flexibility, balance and posture. Prior experience with Pilates is recommended.

### **POWER PILATES | 50 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 | 50 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 | 50 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 & ARMS XPRESS | 30 minutes**

This class is designed to give you the upper body and abs workout you love in 30 minutes.

### **ABS & GLUTES | 50 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.

### **BARBELL STRENGTH | 50 minutes**

This strength class is designed to train your muscles and improve your overall body strength. We use the barbell to focus on form and endurance. This class offers more rest and the ability to work at your own pace guided by our instructors.

### **PIYO® | 50 minutes**

PIYO® is a music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also include flexibility training, strength training, conditioning, and dynamic movements. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels. During a PIYO class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next!

### **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

### **MEDITATIVE YOGA | 50 minutes**

Take your practice and focus to the next level with our meditative yoga class. This is a focused, challenging yoga practice that features meditation and breathwork as preparation for more difficult balancing and inverted poses. Relaxation phases at the beginning and end of the practice help with relaxation to restore focus and energy. Adjustments and modifications will be provided for all levels of participants.

### **MINDFUL YOGA | 90 minutes**

Our Mindful Yoga encourages practicing with awareness of physical sensations, breathing, emotions, and thoughts from moment to moment with unconditional acceptance. You define the versions and expressions of your poses for your body needs. Our class always ends with deep relaxation. Session are a full 90 minutes for a complete immersion.

### **POWER YOGA | 50 minutes**

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

### **STAND-UP PADDLE BOARD YOGA | 50 minutes**

Take your Yoga practice to Water! Paddle board yoga is a great way to incorporate more core challenges into your practice. Beginning and experienced yogis alike can enjoy this unique spin on a traditional yoga

class! Our SUP Yoga classes are held in the Mizzou Aquatic Center Dive Well.

### **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.

### **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 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](http://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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