

# TIGERX

## SPRING 2018 SCHEDULE

JAN. 16 - MAY 11

**\$53** SPRING SEMESTER MEMBERSHIP **\$9** ONE CLASS PASS

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
6:15 AM	SUNRISE CYCLE	TL	6:15 AM	SUNRISE YOGA	C	6:15 AM	SUNRISE CYCLE	TL	6:15 AM	SUNRISE YOGA	C	6:15 AM	SUNRISE YOGA	C
8 AM	CYCLING	TL	6:15 AM	SUNRISE CYCLE	TL	8 AM	CYCLING	TL	6:15 AM	SUNRISE CYCLE	TL	6:15 AM	SUNRISE CYCLE	TL
9 AM	HIIT	A	8 AM	ABS & GLUTES	A	9 AM	HIIT	A	8 AM	ABS & ARMS	A	8 AM	CYCLING	TL
11 AM	FUNCTIONAL FITNESS	SG	8 AM	VINYASA LEVEL 1	C	11 AM	FUNCTIONAL FITNESS	SG	8 AM	VINYASA LEVEL 1	C	10 AM	ADV. REFORMER PILATES	B
12 PM	INSANITY®	A	8 AM	CYCLING	TL	12 PM	INSANITY®	A	8 AM	CYCLING	TL	11 AM	PUMP	A
12 PM	CYCLING	TL	11 AM	PIYO®	C	12 PM	CYCLING	TL	11 AM	PIYO®	C	11 AM	REFORMER PILATES	B
1 PM	TRIPLE THREAT	A	12 PM	ADV. REFORMER PILATES	B	1 PM	TRIPLE THREAT	A	12 PM	ADV. REFORMER PILATES	B	12 PM	HIIT	A
1:30 PM	MEDITATIVE YOGA	C	12 PM	CYCLING	TL	1:30 PM	MEDITATIVE YOGA	C	12 PM	CYCLING	TL	12 PM	STRESS REDUCTION YOGA	C
2 PM	CYCLING	TL	3 PM	BARBELL STRENGTH	A	2 PM	CYCLING	TL	3 PM	BARBELL STRENGTH	A	12 PM	CYCLING	TL
3:30 PM	PIYO®	C	4 PM	ZUMBA®	A	3:30 PM	PIYO®	C	4 PM	ZUMBA®	A	1 PM	TURBO KICK®	A
4 PM	PUMP	A	4 PM	CYCLING	TL	4 PM	PUMP	A	4 PM	CYCLING	TL	4:30 PM	PUMP	A
4 PM	CYCLING	TL	5 PM	TURBO KICK®	A	4 PM	CYCLING	TL	4 PM	TURBO KICK®	A	4:30 PM	POWER YOGA	C
5:30 PM	ZUMBA®	A	5 PM	POWER YOGA	C	5:30 PM	ZUMBA®	A	5 PM	POWER YOGA	C			
5:30 PM	VINYASA LEVEL 1	C	5 PM	CYCLING	TL	5:30 PM	VINYASA LEVEL 2	C	5 PM	CYCLING	TL	<b>SATURDAY</b>		
5:30 PM	CYCLING	TL	6 PM	PUMP	A	5:30 PM	CYCLING	TL	6 PM	PUMP	A	10:15 AM	PUMP (XTENDED)	A
6:30 PM	TURBO KICK®	A	6 PM	POWER PILATES	C	5:30 PM	FUNCTIONAL FITNESS	SG	6 PM	POWER PILATES	C	10:30 AM	STRESS REDUCTION YOGA	C
6:30 PM	MAT PILATES	C	6 PM	ENDURANCE CYCLING	TL	6:30 PM	TURBO KICK®	A	6 PM	CYCLING	TL	10:30 AM	CYCLING	TL
6:30 PM	CYCLING	TL	6 PM	FUNCTIONAL FITNESS	SG	6:30 PM	MAT PILATES	C	6 PM	FUNCTIONAL FITNESS	SG	11:30 AM	TURBO KICK®	A
7:30 PM	DANCE FITNESS	A	7 PM	INSANITY®	A	6:30 PM	CYCLING	TL	7 PM	INSANITY®	A	12:30 PM	HIIT	A
7:30 PM	ADV. REFORMER PILATES	B	7 PM	TIGER TEASE	C	7:30 PM	KNOCKOUT	A	7 PM	ADV. REFORMER PILATES	B			
7:30 PM	HIIT	C	8 PM	ABS & ARMS	A	7:30 PM	ADV. REFORMER PILATES	B	7 PM	TIGER TEASE	C			
8:30 PM	ABS & GLUTES XPRESS	A	8 PM	STRESS REDUCTION YOGA	C	7:30 PM	BALLET BOOT CAMP	C	8 PM	ABS & GLUTES	A			
8:30 PM	POWER YOGA	C	8 PM	SUP YOGA	DW	8:30 PM	ABS & ARMS XPRESS	A	8 PM	STRESS REDUCTION YOGA	C			
						8:30 PM	POWER YOGA	C	8 PM	SUP YOGA	DW	<b>SUNDAY</b>		
											3 PM	TURBO KICK®	A	
											4 PM	POWER CARDIO	A	
											4 PM	CYCLING	TL	
											7 PM	CYCLING	TL	

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

**IMPORTANT DATES** FREE WEEK: 1/16-21 | BRING A FRIEND WEEK: 2/19-25 | NO CLASSES SPRING BREAK 3/23-4/1 | FINALS WEEK: 5/4-10

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## 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.

### LIFEWORKS AS SEEN ON SCREEN | 50 MINUTES

Do you want to shake it like Beyoncé or pop it like Justin Bieber? The class offers participants to dance like the stars while learning popular choreography from music videos. No longer do you have to just sit and watch the videos. Now you can dance along to hit songs and move like the stars.

### LIFEWORKS BALLET | 50 minutes

Come and meet us at the barre for technique and training. Classical ballet technique will be presented in this course. Participants will develop long, graceful lines of movement while performing exercises and choreography.

### LIFEWORKS CONTEMPORARY | 50 minutes

So you think you can dance? Push yourself in our contemporary dance course, and see how far you can go. Learn different forms of movement that will challenge your thoughts on traditional styles of dance as you fuse several dance genres together in one class. The focus of the class will both be on technique and choreography.

### LIFEWORKS HIP HOP | 50 minutes

With the integration of R&B, street jazz and different styles of hip hop, this class is a fun, positive and energetic experience that is geared towards the experienced mover/ dancer, hip hop novice, or anyone who just wants to move! Wear clothes you can move in and sneakers.

### LIFEWORKS JAZZ | 50 minutes

The Jazz class focuses on technique and flexibility. This fun and energetic dance style will be used to work on the skill of pirouettes, fouettes, grand jets, switch leaps and more. Classes help participants incorporate the technique worked on across the floor into choreography to show-off new skills.

### 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.

### 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.

### ABS & GLUTES XPRESS | 30 minutes

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

### 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.

### 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.

### YOGA FOUNDATIONS | 50 minutes

Whether you are brand new to yoga or have been practicing for years, join us for the chance to learn more about your body, your practice, and get the most out of yoga. Yoga Foundations teach the classic yoga postures through a deep awareness of correct alignment and precise actions in the body. Highly therapeutic, this technique helps to refine your poses while it trains the mind to remain alert, focused and composed.

## Don't forget!

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