



# CSI DROP-IN FITNESS CLASS SCHEDULE - STARTING AUG. 28th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardioacceleration in 236 (Breanna)	Spinning in 246 (Rebecca)	Cardioacceleration in 236 (Breanna)	Spinning in 246 (Rebecca)	Cardioacceleration in 236 (Breanna)	
6:00 AM	Spinning in 246 (Joseph)		Spinning in 246 (Joseph)		Spinning in 246 (Joseph)	
6:30 AM	Step & Hiit in 236 (Scott)		Step & Hiit in 236 (Scott)		Step & Hiit in 236 (Scott)	
8:00 AM	Cardio Fitness & Weights in 236 (Christa)	Cardio Fitness & Weights in 236 (Christa)	Cardio Fitness & Weights in 236 (Christa)	Cardio Fitness & Weights in 236 (Christa)		Spinning in 246 (Rebecca)
8:30 AM					Strong in 236 (Robin)	
9:00 AM			Yoga in 231A (Kim D.) *Starting Sept. 13			
11:00 AM	Fun Mix in 236 (Jaime)	Fun Mix in 236 (Jamie)	Fun Mix in 236 (Jamie)	Fun Mix in 236 (Jamie)		
12:00 PM			Spinning in 246 (Rebecca)			
5:00 PM	Kick Butt Cardio in 236 (Kat)					
5:10 PM	Pound in 304 (Robin) and Hiit Spinning in 246 (Kim)		Hiit Spinning in 246 (Kim)			
5:35 PM	Sexy Core in 236 (Kat)					
6:00 PM						
6:15 PM		Refit in 236 (Erica)	Spinning in 246 (Kim)			
7:15 PM			Social Dance in 236 (Tony) *Starting Sept. 20th	Refit in 236 (Erica)		

Drop-in Fitness Classes: [Cardioacceleration](#), [Spinning](#), [Hiit Spinning](#), [Step & Hiit](#), [Cardio Fitness & Weights](#), [Strong](#), [Yoga](#), [Fun Mix](#), [Kick Butt Cardio](#), [Pound](#), [Sexy Core](#), [Refit](#), [Social Dance](#).

All classes are FREE with a CSI Student Rec. Center Membership or \$3.00 without a membership.

**STEP & HIIT with Scott Rogers.** The ultimate beginners HIIT workout. Burn 500 calories in as little as 35 minutes (class is 50 minutes long). You will be doing plank jacks, squat thrusts, supermans+lateral raises, tuck ups, mountain climbers, flutter kicks, star jumps, reverse lunges + single leg dead lifts, plank shoulder taps, tricep dips, jumping lunges and much, much more!

**FUN MIX with Jaime Tique.** The class will include a mixture of workouts throughout the semester and will run every Monday through Thursday from 11:00-12:00 p.m in room 236 of the Gym.

**POUND with Robin Smith.** Pound is a cardio jam session inspired by the energizing and sweat dripping fun of playing the drums. Using Ripstix (lightly weighted drumsticks) it transforms drumming into an incredibly effective way to work out. Pound is designed for all fitness levels, it provides a perfect atmosphere for letting loose, getting energized, improving your health and rocking out!

**YOGA- VINYASA OR FLOW YOGA with Kim DePew** is about integrating body movement, breath, and awareness. This is energetically done through poses that help build both strength and flexibility. Class will consist of a warm up, a smooth heat-building flow sequence, a cool down, and a relaxation.

**HIIT SPINNING with Kim Prestwich** This class will provide 30 minutes of high intensity interval training (HIIT) and a 5 minute cool down.

**SPINNING with Kim Prestwich** Come ride with one of our most experienced spinning instructors in this 50 minute class – satisfaction guaranteed.

**KICK BUTT CARDIO with Kat Powell** see tastes of TaeBo, TurboKick, and Cardio Kickbox. A 30 minute energetic, powerful workout. Get your wraps ready when class starts to punch.

**SEXY CORE with Kat Powell** Your back, abs, and obliques all deserve attention.

**SPINNING with Rebecca Kuykendall.** Get your day started early with the 5:00 am spin class! Rebecca's class is a killer cardio workout consisting of both endurance and strength training. Get an awesome workout in before most people have even thought about getting out of bed!

**REFIT® with Erica Rogers** is a cardio-dance fitness program designed to engage the body and soul, building endurance and community while engaging muscles. Exhilarating music and easy-to-learn movements designed for beginners as well as fitness enthusiasts.

**STRONG by ZumbaT with Robin Smith** is a high intensity interval training workout driven by the science of Synced Music Motivation. ... STRONG by ZumbaT is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.