

**CARDIOACCELERATION with Breanna McAlister** This class emphasizes the use of bodyweight, free weight, and plyometric exercise by doing intervals of cardio (anywhere from 30-90 seconds) in between sets of lifting exercises. You don't have to spend extra time doing cardio after the workout is over or on a separate day. You can go home knowing you've done your weight training and your cardio all in one fell swoop, all without ever having to use the treadmill or other typical form of cardio equipment.

**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!

**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!

**H.I.I.T. with Christina Fennell** Sometimes you will use weights sometimes you will be total body. Bringing the body to its max then coming back down a little to increase burn. By using intervals we decrease the amount of time it takes to burn a high amount of calories. Making a more effective use of the time spent in the gym.

**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.

**WOMEN WHO LIFT with Christa Gessaman** This class empowers women to get familiar with free weights and circuit machines and to give an opportunity to work on form and gains in a safe and fun atmosphere. Find your new lifting buddy or just spend an hour becoming toned and strong with some of the ladies who lift!

**OUTSIDE BIKE RIDE with John Twiss** Start your Tuesday mornings off with a bike ride from the CSI Outdoor Rec. building to the canyon rim trail! We provide the bikes, personal protection equipment, and instruction, or bring your own bike and come ride with us! Email [jtwiss@csi.edu](mailto:jtwiss@csi.edu) by 3:00 pm the Monday before if you want to join us! We'll see you then!

**MOUNTAIN BIKING with John & Chirsta** We provide the bikes, personal protection equipment, instruction, and even transportation if needed - or bring your own bike and come ride with us! We will be riding at Auger Falls and split into groups based on experience levels. Email [jtwiss@csi.edu](mailto:jtwiss@csi.edu) by noon on Thursday if you want to join us! We'll see you then!