# Group Fitness Schedule

**Columbus State University Student Recreation Center**  
**Spring Semester 2011**  
**January 10 - May 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 12:00| STRENGTH  
SONYA | SPEED  
RYAN | Turbo KICK  
NADEAN | STRETCH  
KAYLA | ZUMBA fitness  
TESS |
| 1:00 | Turbo KICK  
LORI | STRETCH  
MALYND A | ZUMBA fitness  
CHERYL | STEP  
STEPHANIE M | SPEED  
LORI |
| 4:30 | SPEED  
LORI | STEP  
LEAH | STRENGTH  
LORI | ZUMBA fitness  
LORI |
| 5:30 | ZUMBA fitness  
NADEAN | STRENGTH  
TESS | STEP  
LIZZIE | STRENGTH  
RYAN |
| 6:30 | STRENGTH  
STEPHANIE M | Turbo KICK  
HEATHER | STRETCH  
KIMBERLY | SPEED  
TRACEY |
Class Descriptions

Cougar STRENGTH is the barbell class that strengthens your entire body. Using basic resistance training moves like squats, presses, curls, and push-ups, this class will work all of your major muscle groups in one hour.

Cougar SPEED is the indoor cycling workout where participants take on the terrain; working through flats, hills, and mountains, riding to the beat of powerful music.

Cougar STRETCH is the Yoga workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a structured series of poses brings the body to a state of harmony and balance.

Cougar STEP is the step workout that makes you feel athletic and successful. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from energizing music. Intervals push fat burning systems in to high gear, and each step shapes and tones your lower body.

TURBO KICK is the evolution of cardio kickboxing. Combing kickboxing, boxing, and hip hop style moves into one high-energy, 60 minute workout. With TURBO KICK, participants will kick, punch, and smile their way to a new level of fitness.

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements. It’s fun, different, easy, and effective!