



HEALTHY PURSUITS

A Full Spectrum of Fitness & Wellness

Campus Recreation at Auraria & the Health Center at Auraria

Group Fit

Group Fit classes are sponsored by Campus Recreation. These classes are FREE to all MSU Denver students and are included with a Campus Recreation membership when purchased by faculty and staff at MSU Denver, CU Denver and CCD.

CU Denver and CCD students interested in Group Fit classes should go to the Campus Recreation Office (PE 108) for details on how to attain access to Group Fit classes and other Campus Recreation offerings.

Mind/Body

Mind/Body classes are sponsored by the Health Center at Auraria. These classes are FREE to all students, faculty and staff on the Auraria Campus.

Fall 2017 Schedule August 21–December 8

(*No classes over Labor Day, Thanksgiving Week and Finals Week)

www.msudenver.edu/campusrec | 303-556-3210

Monday	Tuesday	Wednesday	Thursday	Friday
	Abs & Back 11–11:50 a.m. East Court • Julie		Abs & Back 11–11:50 a.m. East Court • Julie	
	Chakra Yoga 11–11:50 a.m. PE 103 • Lakshmi		Gentle Flow Yoga 11–11:50 a.m. PE 103 • Christopher	
	Barre Express Noon–12:30 p.m. PE 103 • Stephanie		Barre Express Noon–12:30 p.m. PE 103 • Stephanie	
Indoor Cycling Noon–12:50 p.m. PE 201 • Jody	Indoor Cycling Noon–12:50 p.m. PE 201 • Nikisha	Indoor Cycling Noon–12:50 p.m. PE 201 • Jody	Indoor Cycling Noon–12:50 p.m. PE 201 • Elizabeth	Indoor Cycling Noon–12:50 p.m. PE 201 • Nikisha
	Pilates 12:35–1:20 p.m. PE 103 • Beth		Pilates 12:35–1:20 p.m. PE 103 • Beth	
Total Fit 12:30–1:20 p.m. West Court • Elizabeth	Sculpt Fusion 12:35–1:20 p.m. West Court • Stephanie	Total Fit 12:30–1:20 p.m. West Court • Elizabeth	Sculpt Fusion 12:35–1:20 p.m. West Court • Stephanie	
Ripped in 30 1:30–2 p.m. West Court • Elizabeth	Ripped in 30 1:30–2 p.m. West Court • Elizabeth	Ripped in 30 1:30–2 p.m. West Court • Stephanie	Ripped in 30 1:30–2 p.m. West Court • Nikisha	
Flow Yoga 3:30–4:30 p.m. PE 103 • Derik	Energize Yoga 3:30–4:30 p.m. PE 103 • Erin	Flow Yoga 3:30–4:30 p.m. PE 103 • Derik	Energize Yoga 3:30–4:30 p.m. PE 103 • Erin	
	Zumba® 5:15–6:15 p.m. PE 103 • Cathy	Zumba® 5:15–6:15 p.m. PE 103 • Liat	Zumba® 5:15–6:15 p.m. PE 103 • Cathy	
	Indoor Cycling 5:15–6:15 p.m. PE 201 • Jordan		Indoor Cycling 5:15–6:15 p.m. PE 201 • Jordan	
	Zumba® 6:30–7:30 p.m. PE 215 • Liat		Zumba® 6:30–7:30 p.m. PE 215 • Travis	

Campus Rec Hours | August 21–December 16

Fitness Center

Monday–Thursday
6:30 a.m.–9:50 p.m.

Friday
6:30 a.m.–5:50 p.m.

Saturday
9 a.m.–3:50 p.m.

Informal Basketball

Monday
2:15 p.m.–5:45 p.m. West Court

Wednesday
2:15 p.m.–3:45 p.m. West Court

Tuesday & Thursday
9:30 a.m.–10:45 a.m. East Court

Friday
2 p.m.–5:45 p.m. West Court

Fitness Loft Hours

Monday–Thursday
11 a.m.–2 p.m.

Indoor Soccer

Tuesday & Thursday
2:15 p.m.–3:45 p.m. West Court

Check in with Room 108 in the PE Building for gymnasium closures each week.

