



# HEALTHY PURSUITS

A Full Spectrum of Fitness & Wellness

# SUMMER 2019 May 28 – August 3

(No classes on July 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Indoor Cycling</b> 12:00 –12:50pm Fitness Loft PE 201 • Jordan	<b>Indoor Cycling &amp; More</b> 12:00 –12:50pm Fitness Loft PE 201 • James	<b>Indoor Cycling</b> 12:00 –12:50pm Fitness Loft PE 201 • Jordan	<b>Indoor Cycling &amp; More</b> 12:00 –12:50pm Fitness Loft PE 201 • James	<b>Indoor Cycling</b> 12:00 –12:50pm Fitness Loft PE 201 • Aimee
	<b>Yoga</b> 12:30 –1:20pm Tivoli 346 • Gabby		<b>Yoga</b> 12:30 –1:20pm Tivoli 346 • Gabby	

• Group Fit Classes • Mind Body Fitness Classes

## GROUP FIT

303-615-1500 | [msudenver.edu/campusrec](http://msudenver.edu/campusrec)

Group Fit classes give you an effective cardio and/or strength workout while you have fun along the way. The classes are free for all MSU Denver Students. MSU Denver faculty and staff and CCD and CU Denver students, faculty and staff will need to purchase a Campus Recreation Membership to participate.

### Indoor Cycling

This low-impact, music-driven, varied-intensity workout burns calories with great cardio benefits. The cycles are fully adjustable and are compatible with athletic shoes or bike shoes with SPD cleats.

### Indoor Cycling & More

This hybrid class will help your body achieve both cardio and muscular benefits through 25 minutes of low-impact, music-driven, varied intensity workout on an indoor cycle plus 25 minutes of upper and lower body strength training (Tuesdays) and 25 minutes of core work (Thursdays).

## MIND BODY FITNESS

303-615-9999 | [healthcenter1.com/wellness](http://healthcenter1.com/wellness)

Mind Body Fitness classes give you a connection from the inside out, all while getting a great workout that relieves stress and focuses the mind. These classes are free to all AHEC, CCD, MSU Denver and CU Denver students, faculty and staff.

### Yoga

Calm the mind and tone the body to build internal heat as you link poses together with deep breathing and creative Yoga movement sequences that will leave you feeling restored for the week.