



# HEALTHY PURSUITS

A Full Spectrum of Fitness & Wellness

# FALL 2019

## August 19 – December 6

(No classes when campus is closed or during Fall Break)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Indoor Cycling</b> 7:00-7:50am PE201 • Jordan		<b>Indoor Cycling</b> 7:00-7:50am PE201 • Jordan		
	<b>Power Yoga</b> 11:00-11:50am PE103 • Gabby		<b>Power Yoga</b> 11:00-11:50am PE103 • Gabby	
	<b>Complete Core &amp; More</b> 11:00-11:50am • Julie PE104W (Starts Sept. 3) PE220 (Starts Nov. 5)		<b>Complete Core &amp; More</b> 11:00-11:50am • Julie PE104W (Starts Sept. 3) PE220 (Starts Nov. 5)	
	<b>TRX Suspension Training Express</b> 11:45-12:15pm PE201 • Jazmin		<b>TRX Suspension Training Express</b> 11:45-12:15pm PE201 • Matt	
	<b>Zumba®</b> 12:30-1:20pm PE103 • Cathy		<b>Zumba®</b> 12:30-1:20pm PE103 • Cathy	
<b>Indoor Cycling</b> 12:00-12:50pm PE201 • Jody	<b>HIIT</b> 12:30-1:00pm PE111G • Matt PE104W (Starts Oct. 1)	<b>Indoor Cycling</b> 12:00-12:50pm PE201 • Jody	<b>HIIT</b> 12:30-1:00pm PE111G • Matt PE104W (Starts Oct. 1)	<b>Indoor Cycling</b> 12:00-12:50pm PE201 • Aimee
	<b>Indoor Cycling &amp; More</b> 1:30-2:20pm PE201 • Jordan & Amar		<b>Indoor Cycling &amp; More</b> 1:30-2:20pm PE201 • Jordan & Amar	<b>Barre</b> 1:00-1:50pm PE215 • Chasity
<b>TRX Functional Training</b> 2:00-2:50pm PE201 • Erika		<b>TRX Functional Training</b> 2:00-2:50pm PE201 • Erika		
<b>Flow Yoga</b> 2:30-3:15pm PE103 • Derik		<b>Flow Yoga</b> 2:30-3:15pm PE103 • Derik		
<b>Mat Pilates</b> 3:30-4:20pm PE103 • Beth	<b>Energize Yoga</b> 3:30-4:30pm PE103 • Erin	<b>Mat Pilates</b> 3:30-4:20pm PE103 • Beth	<b>Energize Yoga</b> 3:30-4:30pm PE103 • Erin	
	<b>Indoor Cycling</b> 5:15-6:05pm PE201 • James		<b>Indoor Cycling</b> 5:15-6:05pm PE201 • James	

• Group Fit Classes • Mind Body Fitness Classes



## GROUP FIT

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.



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

### Barre

Get ready to strengthen, sweat and stretch. This fun and energizing class incorporates exercises that use light weight to sculpt the upper body and work at the barre to tone the legs.

### Complete Core & More

A highly efficient, all-body workout that alternates abdominal/back and upper/lower body exercise to improve muscular strength, balance and flexibility.

### HIIT

High Intensity Interval Training (HIIT) is a full-body workout that uses a variety of equipment to target every major muscle group and never forgets the cardio. The best part? It's only 30 minutes long.

### Indoor Cycling

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

### Indoor Cycling & More

This hybrid class will help your body achieve both cardio and muscular benefits through 25 minutes of cycling plus 25 minutes of upper/lower body strength training and/or core work.

### TRX Functional Training

TRX Functional Training uses your own body weight as resistance, helps improve core strength and stability, and can be modified for all fitness levels. This class is designed to improve endurance, strength and mobility using TRX suspension training, weights and cardio intervals. Space is limited to 10 participants.

### TRX Suspension Training Express

TRX Suspension Training Express uses your own body weight as resistance, helps improve core strength and stability, and can be modified for all fitness levels. This class is designed to improve endurance, strength and mobility. This is a 30 minute class offered at a high intensity with short rest periods. Space is limited to 5 participants.

## MIND BODY FITNESS

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.



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

### Mat Pilates

Strengthen your core while you tone and stretch the muscles in your entire body. You'll link a rhythmic breathing pattern to each exercise while you flow through a total body Pilates workout on a mat.

### Energize Yoga

Stay invigorated during the midday, combining the physically powerful practice of Vinyasa Yoga along with the nourishing, meditative aspects of Hatha Yoga to get over that midday slump.

### Flow Yoga

Calm the mind and tone the body with this active style of yoga. Build internal heat as you link poses together with deep breathing and creative movement sequences that will leave you feeling restored for the week.

### Power Yoga

Build heat in the body by warming up with basic stretching and strengthening, and a breath-to-movement flow. Progress to a flowing class interspersed with yoga pose holds to keep up the intensity while you work towards a final flow or posture.

### Zumba®

This class will relieve stress while you sweat and dance the class away. Zumba® is a combination of international dance rhythms combined with dance and fitness exercises for a dynamic, fun and engaging workout.



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No registration is needed to attend any Healthy Pursuits class\*, you will simply register at each class you attend. All equipment is provided. Wearing comfortable clothes you can move in and don't mind working out in is advised. For all Group Fit classes and Zumba® proper athletic shoes are required.

Additional information about Healthy Pursuits and additional activities offered by the Health Center at Auraria and MSU Denver Campus Recreation can be found on the websites listed above.

*\*For Group Fit classes you need to get your card encoded in PE 108 before attending classes (only once per semester).*