## FITNESS CLASSES
(Block 4)

### MONDAY
- **7:15 – 8:15 AM** | *Tiger Bootcamp with MK* | North entrance of Fitness Center
- **7:15 – 8:15 AM** | *Yoga with Dom* | Multi-Purpose Room
- **5:00 – 6:00 PM** | *Swim team yoga* | Multi-Purpose Room
- **6:15 – 6:45 PM** | *Hard Core Abs with Hannah* | Multi-Purpose Room
- **7:00 – 8:15 PM** | *Yoga with Maia* | Multi-Purpose Room

### TUESDAY
- **7:15 – 8:15 AM** | *Yoga 101 w/Hana & Amanda* | Multi-Purpose Room
- **4:15 – 5:00 PM** | *Yoga with Maia* | Multi-Purpose Room
- **5:15 – 6:30 PM** | *Community Yoga with Misty* | Multi-Purpose Room
- **7:00 – 8:15 PM** | *Core Circuit Training*** | Multi-Purpose Room

### WEDNESDAY
- **7:15 – 8:15 AM** | *Tiger Bootcamp with MK* | North entrance of Fitness Center
- **7:15 – 8:30 AM** | *Yoga with Charlie* | Multi-Purpose Room
- **3:15 – 4:00 PM** | *Zumba with Hana* | Multi-Purpose Room
- **4:15 – 5:15 PM** | *Yoga with Dom* | Multi-Purpose Room
- **6:15 – 6:45 PM** | *Hard Core Abs with Hannah* | Multi-Purpose Room
- **7:00 – 8:15 PM** | *Yoga with Anna* | Multi-Purpose Room

### THURSDAY
- **7:15 – 8:00 AM** | *Yoga 101 w/Hana & Amanda* | Multi-Purpose Room
- **4:00 – 5:00 PM** | *Yoga with Kylie* | Multi-Purpose Room
- **5:15 – 6:30 PM** | *Community Yoga with Misty* | Multi-Purpose Room
- **7:00 – 8:15 PM** | *Core Circuit Training*** | Multi-Purpose Room

### FRIDAY
- **7:15 – 8:15 AM** | *Tiger Bootcamp with MK* | North entrance of Fitness Center
- **7:15 – 8:15 AM** | *Yoga with Kylie* | Multi-Purpose Room
- **4:45 – 5:45 PM** | *Zumba with Hana* | Multi-Purpose Room

### SUNDAY
- **4:45 – 5:45 PM** | *Zumba with Hana* | Multi-Purpose Room
- **7:00 – 8:00 PM** | *Yoga with Anna* | Multi-Purpose Room

***with Garrett and Colin***
Class Descriptions:

Yoga – Come one! Come all! This class is meant for everyone as there will be modifications for beginners to those who are more advanced.

Community Yoga – An all-comers yoga class inviting members from the College as well as the Springs to practice together and widen our circles of connections.

Zumba – These exercise classes are “fitness-parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. No previous dance experience needed – all welcome!

Hard Core Abs – This thirty-minute class offers a challenging core workout for all levels of fitness. Come get strong with us!

Core Circuit – Get an intense, well rounded workout using body weight exercises, dumbbells, medicine balls and exercise balls. Takes less than 20 minutes! Great to pair with the Hard Core Abs class.

Beginner Slackline Yoga – An intro level slacklining class that greatly lowers the learning curve of slacklining. Learn how to kneel, sit, stand and perform arm balances on the line in just 90 minutes! No experience necessary.

Intermediate Slackline Yoga – Take your practice a step further with this skills and drills class. Learn drills to help improve your skill set and just come slack around! Participants must have taken the intro class to ensure a similar skill set among the class participants.

Tiger Bootcamp – This class is designed to improve your functional strength and physical fitness, regardless of your current strength or fitness. More than just a fitness class, being a Tiger in the bootcamp community is about using teamwork to reach new and unbelievable goals in your mental and physical fitness that will enrich your life long after the workout is complete.

Tai Chi – A moving- meditation class that will wake, warm and energize your mind, body and spirit for work, school and life.