

FITNESS CLASS DESCRIPTIONS

Abs & Back Your midsection muscles are power sources of your body, let these 20 minutes of great ab/back strengthening workouts give you a core like never before! **Jose Ponce**



This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast! **Bobby Gonzalez, Terra Weakley**

Boot Camp An intense two week workout combining strength conditioning, resistance training, and cardiovascular training. This teamwork environment provides a motivational push that should challenge one's Spirit. **Aaron Garza**

Chinese Kickboxing Whether you seek to lose weight, get toned, or just get a good work out, this kick-butt kickboxing class is for you! Proper kicking and punching technique and discipline taught. Instructed by Martial Arts Competitor and Red-Belt rank holder **Raul Ramos**



Fitness Nutrition Get started with a Nutritionist to learn about healthy eating & losing weight! Get meal plans, workout routines, a workout buddy and measure and track your progress to reach your nutrition goals! Bring your questions and join us free of charge (Including faculty and staff)! No more excuses, just solutions! **Cristina Rodriguez**
Email Denise to be updated about Nutrition info @ dschuster@tamiu.edu

Gymbooe Xtreme A mixed bag of Chiti's top body sculpting drills to develop strength, burn fat, tone & shape your entire body. It is like nothing you have ever tried; modifications for every fitness level and every body type, so everyone can maximize their results and put the final touch on your physique. **Chiti Escovar**



Enjoy the group atmosphere and enthusiasm while cycling at your own fitness level. This class with stationary bikes will burn the calories and reduce the stress! Great for beginners to advanced.

Jose Ponce, Ana De Hoyos

Kickboxing This class uses the elements of self-defense found in boxing, kickboxing, and other martial arts. Proper technique for throwing punches and kicks are emphasized. Kick and punch your way to fitness in this energizing cardiovascular workout! **Sandra Gutierrez**

Kick-It-Up-A-Notch Come and have fun learning the basics of fighting while at the same time challenging your body & developing your mind. Anyone can do it! **Vicki Rendon**

Lunch Crunch Tired of the same old routine? Get your total body toning workout here. Work out your core, legs, upper body, and hips. Each day devoted to accomplishing a specific set of muscles. Good for all fitness levels. Treat your body well, get fit and have fun doing it! **Denise Schuster**

Pilates Jams Get ready to see and feel a whole different side of Pilates. Combinations of Pilates that concentrate on your core with a few twists and a whole lot of funk using today's latest hip hop jams. **Ericka Mendoza**

Power Plyometrics Designed to produce fast, powerful movements and to improve functions of the Nervous System, generally for the purpose of improving performance in sports. Helps individuals improve on their speed, jumping ability, and agility. Come join us and give our legs a workout of a lifetime! **Aaron Garza**

Step Express Come step your way into fitness with 50 minutes of straight, fat-burning cardiovascular workout! **Sandra Leal**

TBC (Total Body Conditioning) A mix of cardio and toning exercises set up to improve all areas of fitness! For beginner to intermediate. **Sandra G**

Yogilates A perfect mix of Pilates and Yoga techniques that give you a core workout, flexibility and stress reduction all in one! Take the time to take care of your body. It's the only body you're given :). Work it out! **Denise Schuster, Vanesa Schmitt**



Ditch the workout and join the party! No dance skills needed...come sweat it out and have a blast. We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **Crystal Davila, Sandra Leal, Victoria Davenport**

SPECIALTY CLASSES

Sign up at front desk for all Specialty Classes

Belly Dancing An Arabian Abs and Back workout, technique learning and a lot of fun! Come and feel comfortable in your body! **Sandra Leal**

Core Power Yoga Are you ready to sweat? This class combines active posture work with intense core work to create a moving meditation. The class sticks to the same postures weekly. Upon becoming familiar with the postures you can intensify the work out each week by focusing on your alignment, flow, and breath work! Prior yoga experience helpful but not required. **Arielle Turover**

Salsa Level 1 Come and nail all the basic Salsa moves! Our friendly instructors break down fancy moves into fun to learn steps. Discover how to dance with confidence and style in a welcoming and social atmosphere. No partner required. For all level of dancers. Be the life of the party!

Sandra Leal & John Rodriguez

Salsa Level 2 Be confident on the dance floor, looking and feeling great! For those that have already taken level 1 beginners, or have experience dancing salsa, come pick up some new salsa moves. No partner required! Meet fun people while you dance away your stress!

John Rodriguez

tPT (training Personal Trainers)
So you think you can train?

Come learn how to become a Personal Trainer and use it for life. Class is ongoing throughout each semester. Apply and register at the front desk today! Fee is \$20.

GET THE INFO. LEARN THE TECHNIQUES. GET CERTIFIED.

FIT (FITNESS INSTRUCTOR TRAINING)

Love fitness? Have what it takes to lead others to love it too?

Learn the proper ways to workout, technique and how to instruct.

After completing sessions and auditioning you may have the opportunity to be a paid Fitness Instructor. Fee is \$20.

JOIN US TO BEGIN THE PROCESS OF BECOMING A FITNESS INSTRUCTOR TO CHANGE LIVES ONE CLASS AT A TIME.



