


Mt. Mitchell- Life Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Yoga 7:15-8:15AM Casey Q (Cap: 30)	Beginner Yoga 7:15-8:15 AM Casey Q Hannah D (Cap: 30)	Cycle+ 7:15-8:15 AM Emily G (Cap: 15)	Cycle Express (30) 7:15-7:45M Parker (Cap: 15)		
		Advanced Yoga 8:30-9:30 AM Rachel P Megan K (Cap: 30)	Yoga 8:30-9:30AM Rachel Peterson (Cap: 30)	Recovery Yoga 8:30-9:30 AM Megan K. (Cap: 30)	
	Yoga 11:00-12:00PM Meredith (Cap: 30)		Pilates 10:45-11:45AM Dani H (Cap: 30)		
Cycle Express (30) 12:15-12:45 PM Sydney (Cap: 15) 	Cycle Express (30) 12:30-1:00 PM Isabel (Cap: 15) Mindful Minutes (20) 2:30-2:50 PM 3:00-3:20 PM Megan	Cycle 12:00-1:00 PM Sydney Rayssa (Cap: 15)		Yogalates 12:00-1:00 PM Caroline (Cap: 30)	
		Pilates 3:45-4:45 PM Laurie (Cap: 30)		Cycle+ 1:15-2:15PM Adrianna (Cap: 15)	
				Cycle+ 2:30-3:30PM Adrianna (Cap: 15)	Cycle 5:00-6:00 PM Isabel (Cap: 15)
Cycle 5:30-6:30PM Karley (Cap: 15)	Barre 5:15-6:15PM Jackie (Cap: 25)	Barre 5:00-6:00 PM Adrianna (Cap: 25)	Beginner Yoga 5:00-6:00 PM Monica (Cap: 30)		Cardio Dance 6:15-7:15 PM Casey E (Cap: 30)
ABSolution (20) 6:40-7:00PM Karley (Cap: 30)	Cycle Express (30) 6:30-7:00 PM Isabel Alexis (Cap: 15)	Kickboxing 6:15-7:15 PM Asia (Cap: 30)	Cycle+ 6:15-7:15 PM Abbie M (Cap: 15)		Extended Yoga (90) 7:30-9:00 PM Monica (Cap:30)
HIIT(45) 7:15-8:00PM Judson Stephanie (Cap: 30)	HIIT(45) 7:15-8:00 PM Tessa (Cap: 30)	Cycle Express (30) 7:30-8:00 PM Abbie M (Cap: 15)	Bellydance 7:30-8:30 PM Joliana (Cap: 30)		
Yoga 8:15-9:15 PM Bri Annisa (Cap: 30)	ABSolution (20) 8:10-8:30 PM Tessa (Cap: 30)	Recovery Yoga 8:15-9:15 PM Karley (Cap: 30)	Advanced Yoga 8:45-9:45 PM Dom (Cap: 30)		
	Yoga 8:45-9:45 PM Karley Megan K (Cap: 30)				

****SUBJECT TO CHANGE** All classes are 60mins in length unless otherwise noted by a number in parentheses.**

Please visit fitness.appstate.edu for all schedule modifications.

Quinn Rec Center

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Bellydance 5:15-6:15PM Alex P (Cap: 50)	AppStrong 5:15-6:15 PM Hannah P (Cap: 50)	AppFit 5:15-6:15PM Kaylee D (Cap: 50)	AppFit 5:15-6:15 PM Kristina (Cap: 50)		AppStrong 5:30-6:30 PM Judson Hannah Cook (Cap: 50)
Step 6:30-7:30 PM Carly (Cap: 50)	Kickboxing 6:30-7:30 PM Emily G & Misty (Cap: 80)	AppStrong 6:30-7:30 PM Tessa (Cap: 50)	Step 6:30-7:30PM Lauren J (Cap: 50)		HIIT (45) 6:45-7:30PM Adrianna (Cap: 50)
Zumba 7:45-8:45 PM Jackie (Cap: 80)	ABSolution (20) 7:40-8:00 PM Emily (Cap: 60)	ABSolution (20) 7:40-8:00 PM Tessa (Cap: 60)	Cardio Dance 7:45-8:45 PM Ian (Cap: 80)		ABSolution (20) 7:40-8:00 PM Adrianna (Cap: 60)
Yoga 9:00-10:00PM Dom (Cap: 30)	Cardio Dance 8:15-9:15 PM Judson Daniel (Cap: 80)	Werk 8:15-9:15 PM Lauren J Stephanie (Cap: 80)	Zumba 9:00-10:00 PM Ashley W. (Cap: 80)		Werk 8:15-9:15 PM Kati V (Cap: 80)

Student Recreation Center	
Monday	Thursday
SUP Yoga (45)* 4:00-4:45PM 5:00-5:45PM Monica & Hannah C (Cap: 11)	Deep water Aerobics (45) 5:15-6:00pm Jackie Rebekah (Cap: 20)

Stand –Up Paddle Board Yoga Mondays -> 1/23, 1/30, 2/6, 2/13, 2/20, 4/24, 5/1

****GF SCHEDULE IS SUBJECT TO CHANGE**** All classes are 60mins in length unless otherwise noted by a number in parentheses.
Please visit fitness.appstate.edu for all schedule modifications.





Obtaining your Fitness Pass

Please sign-in at the front desk of the facility where the class is scheduled beginning 15 minutes prior to the indicated start time of class you wish to attend. Upon signing in, you will be given your class pass that you must present to the instructor in order to gain entry into the class.

NOTE: Due to class capacities, only a certain number of passes will be given out for each format to ensure you have an enjoyable experience. Once the capacity has been met, no more passes will be given out. Class capacity sizes are indicated on the printable Group Fitness schedule.

5 Minute Policy

Due to safety reasons as well as ensuring all participants have an uninterrupted experience, no one will be able to join a fitness class 5 minutes after the scheduled start time.

Cell Phone Policy

For your safety, please refrain from talking or texting on your phone once class begins as well as ensuring that your phone is on silent.

Care for Equipment

Please make sure to properly clean all equipment at the conclusion of all group fitness classes if equipment was used. All locations will have indicated cleaning supplies.

Yoga Mats

Shoes of any kind are prohibited from being used on the surface of yoga mats in all facilities.

Injuries and Modifications

If you have any injuries or need a modification for a move, please talk to your instructor before class begins and let them know of any restrictions. They will be glad to assist you.

Footwear

Proper footwear is required during fitness classes. This includes closed toe, closed heel athletic shoes. 5 finger shoes, boots, or sandals are not permitted. The only exception will be for mind/body classes such as Yoga and Pilates.

Class Schedule

The most up to date class schedule will be posted online at fitness.appstate.edu. As a Google Calendar all AppState students have the ability to access and add these calendars to their personal google calendars for their convenience. Any classes with less than 3 people for 3 consecutive weeks will be taken off the schedule.



Mind/Body

Mindful Minutes

This low to no movement class allows you to exercise your brain through guided meditation. After all, the brain is the strongest tool in our bodies.

Barre

Barre combines beginner ballet techniques with current music to tone and sculpt the quads, glutes, calves, and inner thighs! No ballet experience necessary!

Beginner Yoga

Designed for those relatively new to yoga or just beginning their practice. This class will focus on the foundational poses, modifications, and inspire you to grow comfortable listening to your body and breathe.

Yoga

Improve your flexibility and balance while working and stretching every inch of the body. Integrating breath and postures will leave you feeling energized and renewed in the body and mind.

Advanced Yoga

Take your yoga practice to the next level! This class adds in more strenuous and challenging movements to your typical series. This class is intended for participants that have practiced before and are curious to learn longer sequences and more advanced poses.

Recovery Yoga

Come get your mind re-centered in this gentle-styled yoga class. Straps and blocks may be used to assist in poses so that you can spend this time focusing on your breathing, your body, and most importantly YOU.

Pilates

Pilates is a form of mind-body exercises that is designed to strengthen, stretch and balance the body. This classic mat-based exercise is designed to assist in providing body awareness, proper posture, flexibility, lean muscle and a strong core.

Yogalates

This class is the beautiful pairing of two revered movement practices: Pilates and yoga. Yoga-lates is a core focused class that pulls from the ancient asanas of yoga as well as the core centered movement of Pilates. Flow through the fundamentals of both practices.

Cardio

Cycle Express (30)

This 30-minute class is the perfect way to wake up or as a quick pick-me-up in the middle of the day! Hop on a bike and let your instructor lead you through a ride that you won't forget.

Cycle

Push your limits as you challenge yourself with intense drills set to motivating music. Energetic, inspirational and results-driven, this workout is the ride of your life. This class is a great option for those seeking a challenging low-impact fitness option.

Cycle+

All the fun of cycle plus something extra. Instructors get creative and off the bikes for an intense and rewarding fitness experience.

AppFIT

Challenge your muscular endurance, balance and coordination with Functional Integrated Training, an advanced, total-body functional strength training class.

H.I.I.T. (45)

Push yourself to a new level with High Intensity Interval Training! This 45-minute class will help you build muscle, burn fat, and find out what you're really made of!

Step

Step combines 3-4 choreographed combos on an adjustable step while providing a background in the basic components of step movements. Have fun listening to music and bringing your cardiovascular workout to new heights!

Deep Water Aerobics

Deep water aerobics is a fun, low impact workout that uses water weights, belts, and noodles to add a little more challenge throughout the class! This is a great option for those who have joint pain but still want a great all-around workout. So come, and jump into an awesome workout.

Kickboxing

Punch, kick, and block your stress away through this heart-pumping cardio workout! This fierce workout will make you feel stronger and ready to take on the world.

ABsolution (20)

Power, stability and posture all starts with the core. With this class you'll enjoy 20 minutes packed full of a variety of challenging ab exercises that will help to increase your power house endurance.

Cardio Dance

Dance your stress away with this fun energizing class! Cardio Dance combines current hip-hop dance moves and music with high intensity aerobics. You'll never have more fun working out! No dance experience necessary!

Zumba®

With a fusion of Latin and International music, Zumba is an inclusive dance party where everyone and anyone is welcomed! It's so much fun you won't realize the pool of sweat until the end of class. Come salsa, merengue, and cumbia your way to improved fitness.

Werk

This class has stylized and energetic hip-hop dance moves combined with equally stylized musical rhythms. Werk can include a wide range of hip-hop variations such as breaking, popping, locking, house dance and freestyle.

