

Obtaining your Fitness Class 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

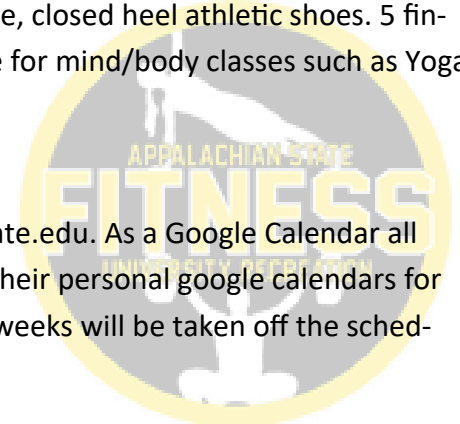
If you have any injuries or need a modification for a move, please talk to your instructor before class begins and let them know of any restrictions. They will be glad to assist you.

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.



Mt. Mitchell Fitness Center—3rd floor PSU- Fall 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY BIRDS	9:15 AM Cycle Express (30) Hanna S. Cap: 18	9:00 AM Gentle Yoga Emory L. Cap: 30			
	10:00 AM Beginner Yoga Hannah D. Cap: 30				
	11:15 AM Cycle+ Matt C. Cap: 18		11:00 AM Pilates Caroline R. Cap: 30		11:00 AM Pilates Caroline R. Cap: 30
MIDDAY	12:45 PM Yoga Casey Q. Cap: 30	12:15 PM Yoga Meredith C. Cap: 30	12:15 PM Cycle Express (30) Rayssa M. Cap: 18	12:15 PM Yoga Bri B. Cap: 30	12:15 PM Cycle+ Jalia W. Cap: 18
					1:30 PM Beginner Yoga Bri B. Cap: 30
	3:30 PM AppFIT Tessa B. Cap: 30				
	4:45 PM HIIT (30) Stephanie E. Cap: 30	4:15 PM Barre Ian T. Cap: 30	4:15 PM AppSTRONG Asia Y. Cap: 30		
NIGHT OWLS	5:30 PM Kickboxing Asia Y. Cap: 30	5:30 PM Zumba Erin K. Cap: 80 *Starting 9/5*	5:30 PM Barre Stephanie E. Emily M. Cap: 25	5:15 PM HIIT (30) Tessa B. Cap: 30	5:00 PM Gentle Yoga Casey Q. Cap: 30
	6:45 PM Cycle Rayssa M. Cap: 18	6:45 PM AppFIT Tessa Sarah Grace P. Cap: 30	6:45 PM Cycle+ Hanna S. Sarah Grace P. Cap: 18	5:55 PM ABSolution (20) Tessa B. Cap: 30	6:15 PM Belly Dancing Joliana E. Cap: 30
	8:00 PM Advanced Yoga Raven M. Cap: 30	8:00 PM Yoga Rachel P. Cap: 30	8:00 PM Cardio Dance Danny E. Cap: 30	6:30 PM Cycle+ Emily G. Caitlin B. Cap: 18	7:30 PM Extended Yoga (90) Monica V. Cap: 30
	9:10 PM Mindful Minutes (15) Raven M. Cap: 30	9:10 PM Mindful Minutes (15) Rachel P. Cap: 30	9:10 PM Mindful Minutes (15) Danny E. Cap: 30	7:45 PM Yoga Caroline R. Cap: 30	
	SUNDAY				

****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.

**Check out the
NEW CYCLE STUDIO!
(across from aerobics floor)**








Quinn Recreation Center—Fall 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
EARLY BIRDS		7:15 AM Cycle Express (30) Doug W. Cap: 20		7:15 AM Cycle Express (30) Gabby Cap: 18	
MIDDAY	12:30 PM Cycle Express (30) Emily G. Cap: 20			12:30 PM Cycle Express (30) Hanna S. Cap: 20	
NIGHT OWLS	5:30 PM Step Lauren J. Cap: 50	5:30 PM Cycle Caitlin B. Gabby Cap: 20	5:30 PM Lower Body Blast (25) Kaylee D. Rebecca P. Cap: 50	5:30 PM Cycle Express (30) Doug W. Cap: 20	5:00 PM AppSTRONG Hannah C. Cap: 50
	5:45 PM Cycle Express (30) Matt C. Cap: 20	5:30 HIIT (30) Stephanie E. Cap: 80	6:00 PM Cycle Express (30) Caitlin B. Gabby Cap: 20	5:30 PM Kickboxing Misty M. Ashley W. Cap: 80	6:00 PM Cycle Jalia W. Cap: 20
	6:45 PM AppSTRONG Kaylee D. Cap: 50	6:15 PM Kickboxing Emily G. & Misty M. Cap: 80	6:05 PM Upper Body Blast (25) Kaylee D. Rebecca P. Cap: 50		6:10 PM ABsolution (20) Hannah C. Cap: 50
	6:30 PM Cycle Doug W. Cap: 20	6:45 PM Cycle Hanna S. Cap: 20	6:45 PM Step Carly M. Cap: 50	6:45 PM AppFIT Asia Y. Cap: 80	6:45 PM Zumba® Ashley W. Cap: 80
	7:45 PM Cycle Express (30) Jalia W. Cap: 20	7:30 PM Belly Dancing Alex P. Cap: 80	6:45 PM Cycle Rayssa M. Cap: 20	7:15 PM Cycle Express (30) Matt C. Cap: 20	7:15 PM Cycle Express Rayssa M. Cap: 20
	8:00 PM Cardio Dance Ian T. Devyn B. Cap: 80	8:00 PM Cycle Express (30) Monica V. Cap: 20	7:55 PM ABsolution (20) Carly M. Cap: 50	8:00 PM Cardio Dance Lauren J. Cap: 80	8:00 PM HIIT (30) Carly M. Sarah Grace P. Cap: 80
		8:45 PM Lower Body Blast (25) Monica V. Cap: 50	8:30 PM Zumba® Ashley W. Cap: 80		

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Student Recreation Center- Fall 2017

	Monday	Tuesday	Wednesday	Thursday
Early Birds	7:00 AM Bootcamp (45) Asia Y. Cap: 15 <i>ON THE TRACK!</i>	7:00 AM Bootcamp (45) Carly M. Hayden S. Cap: 15 <i>ON THE TRACK!</i>	7:00 AM Bootcamp (45) Tessa B. Cap: 15 <i>ON THE TRACK!</i>	7:00 AM Bootcamp (45) Emily G. Cap: 15 <i>ON THE TRACK!</i>
Afternoon			4:00 PM  SUP Yoga Hannah D. Bri B. Cap: 12	
	5:15 PM  Deep Water Aerobics (45) Rebecca P. Cap: 30		5:00 PM  SUP Yoga Hannah D. Cap: 12 	

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For classes in the pool please arrive 20 minutes early and sign in at the front desk to get your pass. You will also need to be able to demonstrate the ability to swim one lap to participate in group fitness classes taught in the pool.

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