

THE FLEX

APP STATE'S MONTHLY FITNESS NEWS

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FITGO HAS BEEN EXTENDED!

Keep your cards and continue playing in the Spring. We understand it's more challenging than our past incentives and that we were delayed in the delivery, so we're extending the deadline. FitGo cards are due March 30th. The Friday before Spring Break.



FITGO FALL ROCKSTARS

Congrats on 5+ FITGOs in the Fall semester. We'll email you shortly to pick up your free swag.

Jessica Sampson
Andrew Palmer
Rebecca Ploener

FREE FITCLINICS:

FitClinics are FREE educational opportunities for App students to learn more about how to exercise using weights in a hands on small group experience.

Available Clinics Include:

- Intro to SRC
- Intro to QRC
- Women with Weights
- Mountaineer Muscles
- Men and Muscles

No RSVP is required. Simply visit fitness.appstate.edu -> FitClinics to view the schedule of clinics.



SNEAK PEEK: COMING IN SPRING 2018!

Next the new cycle studio, in the Quinn Recreation Center, we're excited to announce we'll be grand opening a new functional training studio. More information will be posted on our website and in our facilities in January.



EXAM WEEK GROUP FIT CLASSES!

If you'd like to take a productive study break or distress please join us for one of our exam week group fitness classes. The last day of group classes will be Tues. 12/12.

Fri Dec 8	11:00am – 12:00pm	☑ Pilates w/Caroline R.
	1:30pm – 2:30pm	☑ Beginner Yoga w/Bri B.
Sun Dec 10	5:00pm – 6:00pm	☑ Gentle Yoga w/Casey Q.
	5:00pm – 6:00pm	☑ AppSTRONG w/Hannah C.
	6:00pm – 7:00pm	☑ Cycle w/Jalia W.
	6:10pm – 6:30pm	☑ ABSolution (20) w/Hannah C.
	6:30pm – 7:30pm	☑ Yoga w/Monica
Mon Dec 11	7:00am – 7:45am	☑ Bootcamp (45) w/ Asia Y.
	12:30pm – 1:00pm	☑ Cycle Xpress (30) w/ Emily G.
	12:45pm – 1:45pm	☑ Yoga w/Casey
	4:45pm – 5:15pm	☑ HIIT (30) w/Stephanie E.
	5:30pm – 6:30pm	☑ Step w/Lauren J.
	5:45pm – 6:15pm	☑ Cycle Xpress (30) w/ Matt C.
	6:30pm – 7:30pm	☑ Cycle w/ Doug
6:45pm – 7:45pm	☑ AppSTRONG w/Kaylee D.	
Tue Dec 12	7:15am – 7:45am	☑ Cycle Xpress (30) w/ Doug W.
	12:15pm – 1:15pm	☑ Yoga w/Meredith H.
	4:15pm – 5:15pm	☑ Barre w/Ian T.
	5:30pm – 6:00pm	☑ HIIT (30) w/Stephanie E.
	5:30pm – 6:30pm	☑ Cycle w/ Caitlin B.
	6:15pm – 7:15pm	☑ Kickboxing w/Emily & Misty
	6:45pm – 7:45pm	☑ Cycle w/ Hanna S.
	8:00pm – 9:00pm	☑ Yoga w/Rachel P.