

THE FLEX

APP STATE'S MONTHLY FITNESS NEWS

@APPSTATEFITNESS

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- ⇒ Arts opportunity!

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 April 27th.



REGISTRATION FOR MINI TRI 3/18

Grab a couple of friends and register as a team of three and assign each friend an event to master. Or compete solo and do all three yourself! More info on how to register yourself or a team to come via weekly email from programmer. 500 yard swim, 12 mile bike ride (stationary), and 3.1 mile run (treadmill). Register through IM leagues starting 2/13.



FUN STUDIO NOW OPEN!

Come check out the NEWEST addition to the Quinn Recreation Center: A functional training studio! Located across from the aerobics floor, the studio includes battle ropes, swings, kettlebells, and more new equipment to amp up your workout.



VALENTINES DAY CLASSES

AppState will be holding partner group fitness classes for you and your valentine on Wednesday, February 14th!

-Bootcamp partner workout in the FUN studio at 6:45pm & 7:45pm @QRC

-Partner and self love yoga at 8:00pm @MM

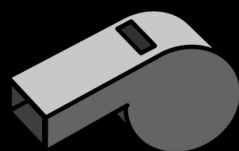


CELEBRATE EVERYBODY WEEK!

Come out and celebrate your body with Wellness & Prevention & AppState February 22nd!

There will be two Bootcamp classes at 5:45 & 7:45 @QRC-FUN.

We'll also have giveaways for a few lucky cycle participants!



NEW GROUP FITNESS CLASSES!

AppState is introducing two new formats: AppFIRE and Walk it Out!

⇒ **AppFIRE** (formally AppFIT): Strength, cardio, & core are combined in 9 rounds in this 30 minute class. FIRE stands for Form, Intensity, Rounds, and Endurance — but prepare to have all your muscles burn!



⇒ **Walk it Out!**: Bring your step tracker to the track for 30 minutes of walking and jogging. This low intensity class is led by a friendly instructor to encourage all levels of fitness. Bring a friend to walk, talk, and increase your step count!



OPPORTUNITY ALERT!

Stay on the lookout for a contest to design a mural for the new FUN room. All ideas welcome and encouraged. More info to come via CampusSync & IG @AppstateFitness.