

GROUP FITNESS SCHEDULE

SPRING 10



Courses start January 25th and you must be assessed prior to beginning a course.

Group fitness courses are available for those with an OKRA Facility Use Pass or are full-time students, enrolled in PER 450: DSU Health Challenge.

	M	T	W	TH	F
6-7 AM	XFIT	ENROLL TODAY	XFIT	ENROLL TODAY	XFIT
12-1PM	CORE STRENGTH	CIRCUIT TRAINING	CORE STRENGTH	CIRCUIT TRAINING	ENROLL TODAY
4:30-5:30 PM	BOOT CAMP	CORE STRENGTH	BOOT CAMP	CORE STRENGTH	BOOT CAMP
5-6PM	FITNESS WALKING	SPIN	FITNESS WALKING	SPIN	FITNESS WALKING
	BFIT	CARDIO KICKBOXING	BFIT	CARDIO KICKBOXING	ENROLL TODAY
6-7PM	COURSES	*KARATE	START	*KARATE	JAN 25 th
FREE	Assessment	Nutritional Counseling		Personalized Programs	

XFIT - Strength training with an emphasis on core strength and repetition (not recommended for beginners) *1hr*

Core Strength - Focused on core training, this exercise program is designed for total body strength, flexibility, and definition. *45min*

Circuit Training - Combination of high-intensity aerobic and resistance training, this easy to follow workout is great for everyone. *45min*

Fitness Walking - Led by an instructor, you will explore the wonders of walking for total body improvements. *45 min*

Boot Camp - Jam-packed with solid conditioning exercises, this program is proven to define, tone, and strengthen your muscles. *1 hr*

Spin - Indoor cycling that engages the entire body for an aerobic workout. *45 min*

BFIT - Be Fit for Life! Workouts will engage your total body with emphasis in strength and conditioning inside the fitness center. *1hr*

Cardio Kickboxing - 5:45pm Aerobic exercise enhancing upper and lowering body through combo-circuit/boxing training. *1hr*

***Karate** - Disciplined karate training for stability, core strength, and muscle conditioning. *1hr* **FEE-\$35 month.**

To enroll or for information about fitness, call:

662.846.4567



DELTA STATE UNIVERSITY

Healthy Campus/Community Initiative



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