

# GROUP FITNESS SCHEDULE

## SPRING 10



Courses start January 25<sup>th</sup> 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 <sup>th</sup>
<b>FREE</b>	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

