

HEALTHY

Group Fitness with Delta State

DELTA STATE UNIVERSITY

Join in. Stand out.

\$50 PER SEMESTER

DATES: SEPTEMBER 6–DECEMBER 8

XSpin-Fit: Monday/Wednesday @ 12:15pm

Indoor Cycling (SPIN) session using non-traditional anaerobic and aerobic conditioning methods for core, leg and endurance training. Class will use spin center and gymnasium for assorted leg and core strength routines.

Taught by Todd Davis. Location: Wyatt Room 127 *must have 8 participants

****Water Aerobics: Monday/Wednesday @ 12pm**

Combines aerobic exercise with water for resistance training. Low impact workout.

Taught by Ryan Flore Location: Wyatt Aquatic Center

XSpin: Tuesday/Thursday @6am

Int/Adv levels. Various levels of intensity, hills, jumps, and runs while integrating core work and strength training on fitness bike.

Taught by Richey Woods Location: Wyatt Room 127

****Exercise for Fitness: Tuesday/Thursday @ 12:15pm**

Focus on total body conditioning utilizing handheld weights, steps, core walk, and functional movements.

Taught by Brent Langston Location: Wyatt Gym

****Low Impact Cardio: Tuesday/Thursday @ 5:15pm**

Beg/Int levels. Low impact exercises integrating strength, balance and flexibility.

Taught by Rebecca Lyon Location: Wyatt Gym

Kickboxing: Tuesday/Thursday @ 5:30pm

Kickboxing with high intensity interval training to burn calories and provide a full body workout. Work up a sweat sculpting your body and train like a professional, all while having fun.

Taught by Jasmine Styles Location: Wyatt Gym Racquetball Court

**** Classes offered for credit to DSU students. Open for community enrollment after August 23, pending credit enrollment numbers.**

Pre-registration required online at

www.deltastate.edu/continuing-education/adult-registration

or call/email Elizabeth Joel at 662-846-4871/ejoel@deltastate.edu