

## September 2021 Group Fitness Classes

Schedule Begins after Labor Day on September 7th

Time	Monday	Tuesday	Wednesday	Thursday	Location
<b>6:10-6:55 AM</b>	WOD by Fred	WOD by Terryn	WOD by Fred	WOD by Terryn	<b>MAC Court</b>
	Stretch & Climb by Mac	Stretch & Climb by Beck	Stretch & Climb by Mac	Stretch & Climb by Beck	<b>Rock Wall</b>
<b>6:45-7:30 AM</b>				Sunrise Yoga by Karsen	<b>HPC 367</b>
<b>7:00-7:45 AM</b>	*Spin by Terryn		*Spin by Terryn		<b>SPIN AREA</b>
	FOD by Myles	Yoga by Shauna	FOD by Emily	<i>Sunrise Yoga Begins @ 6:45am</i>	<b>HPC 367</b>
	Stretch & Climb by Mac	Stretch & Climb by Beck	Stretch & Climb by Mac	Stretch & Climb by Beck	<b>Rock Wall</b>
<b>5:15-6:00 PM</b>	SUP Yoga by Jenelle	TRY-athlon Swim by Nick	SUP Fitness by Jenelle	TRY-athlon Swim by Maddi	<b>POOL</b>
	UJAM by Pamela	HIIT by Mac	UJAM by Pamela	Stretch by Mac	<b>367</b>
<b>6:00-6:45 PM</b>	Tone by Karsen	FOD by Brooklyn & Bodiann	Tone by Karsen	Kick-Boxing by Chelsea	<b>HPC 354</b>
			Group Swim (hosted by aquatics)		<b>POOL</b>
<b>7:00-7:45 PM</b>	Zumba by Ashlyn			Sunset Stretch by Chelsea	<b>HPC 367</b>
	FOD Click & Pick (More Times Available. See Campus Rec for Details)				<b>HPC 354</b>
		*Spin by Deshka	*Spin by Ivette	*Spin by DeAnna	<b>SPIN AREA</b>
<b>8:10-8:55 PM</b>	FOD by Allie & Zaylie	HIGH by Melissa	FOD Yoga by Allie & Zaylie	HIGH by Emily	<b>HPC 367</b>
<b>9:00-9:45 PM</b>	Line Dancing by Josh	HIGH by Melissa	Swing Dancing by Brooke	HIGH by Emily	<b>HPC 367</b>

\*Due to limited class space, a reservation is encouraged. Your reservation is released and given to walk-in participant if you are not present at start time for spin class.

### More Information

- Students and Faculty Members are Encouraged to Participate in all group fitness classes. The more you attend, the more classes we'll be able to offer.
- For Fall 2021 we have decided to make ALL group fitness classes FREE to students, faculty and staff.
  - Please note, if you secure a reservation and are not present at class start time, your seat will be given to a drop in participant.
- No Partner Necessary for any of the dance classes. Bring a friend or come solo.
- Please reach out to [jenelle.young@dixie.edu](mailto:jenelle.young@dixie.edu) with any questions.

### Watch for Announcements on Special Events Coming this Fall:

- **Sip & Paint:** Join us for an evening of exploring the therapeutic use of art September 28th @ 5:15pm. Registration will open September 1st. Cost \$5.
- **Glow in the Dark HIGH Fitness:** Exercise past dark to great music in a party-like setting in October. Details TBA.
- **Rec Games:** WOD classes by Fred & Terryn will be training for the Rec Games in November. Details TBA.

# GROUP FITNESS CLASSES FALL 2021

Group Fitness Class	Class Description
WOD (Workout of the Day)	Our WOD (Workout of the Day) class was inspired by one of our Campus Rec Students, Fred. He had the vision of creating a “CrossFit-ish Games” event for our University community. Now teaming with one of our Personal Trainers, Terryn, and our Campus Rec director they have designed a course specifically to train you to participate in our Rec Games this November. WOD class is free. Registration will open for the Rec Games in September. See campus rec staff for details.
Stretch & Climb	Utilize the climbing wall and guidance from supportive instructors to help challenge you at your level. No climbing or bouldering experience necessary. Whether you’re new to climbing or an experienced climber this is the perfect way to start your day with a stretch and climb!
Yoga & Sunrise/Sunset Yoga	Come stretch, watch the sunrise or sunset and strengthen your body while letting go of stressors in your life.
Tone	A full-body workout that uses a variety of equipment and bodyweight movements. Come see the results of sculpting your body in Tone.
Zumba	Zumba combines Latin and international music with dance moves. Routines are fun and easy to follow. Come try Zumba!
Stretch	Enhance flexibility and body awareness and reduce muscle tension and stress in this full-body workout. Leave feeling stretched and relaxed.
Spin	A fun, heart-pumping workout on a stationary bike. Spinning is perfect for everyone. You control the resistance and pedal speed creating just the right intensity for you. Space is limited. You’re welcome to drop in or secure a reservation to reserve your bike.
HIIT	A full-body workout that uses interval training to help you burn calories and see maximum results.
Line Dancing	Don’t exercise. Come play! In line dancing you will be having so much fun, you’ll forget you’re working out.
Swing Dancing	Come learn some swing dancing moves and just have fun moving to music. No partner is necessary. Come solo or bring your friends!
UJam	Our popular UJam classes are back this fall for an upbeat way to get healthy and have fun.
SUP Yoga/Fitness (Stand up Paddle Board)	Instead of dragging yourself to a fitness class, come and play on the water! SUP yoga will be a way to stretch, strengthen and de-stress while SUP fitness will give you a chance to get fit on a SUP. Work on your balance and strength and simply play!
TRY-athlon Group Swim	Have you ever thought it would be fun to TRY a triathlon? No matter your level of fitness, this is your time to become a TRY-athlete! You will train for a timed triathlon and complete that mini triathlon twice during the class. Whether you do a 5 minute run, 5 minute ride and 5 minute swim or go for a longer distance, this training group will help you try something new, connect and have fun while you do it. No running or riding will be completed during class aside from our two mock triathlons. Train together for the swim and on your own for the run and ride. Registration \$20 for one day and \$30 for 2 days a week.
FOD (Fitness on Demand)	FOD is a great way to get variety into your workouts. In “Click & Pick” sessions bring yourself or your friends and click and pick the FOD workout you desire. In FOD classes, a Fitness Attendant will be there to guide a group fitness class utilizing the FOD virtual workouts on the big screen.
HIGH	HIGH is a great workout for anyone from beginners to Elite athletes. Come get a great 45-minute workout to your favorite songs!
Kickboxing	Burn calories and build muscle in this high energy kickboxing workout! In November watch for Boxing Boot Camp to experience kickboxing on a new level.

--PLEASE CONTACT [JENELLE.YOUNG@DIXIE.EDU](mailto:JENELLE.YOUNG@DIXIE.EDU) WITH ANY QUESTIONS--

## October 2021 Group Fitness Classes

Schedule Begins on October 4th

Time	Monday	Tuesday	Wednesday	Thursday	Location
<b>6:10-6:55 AM</b>	WOD by Fred	WOD by Terry	WOD by Fred	WOD by Terry	<b>MAC Court</b>
	Stretch & Climb by Mac	Stretch & Climb by Beck	Stretch & Climb by Mac	Stretch & Climb by Beck	<b>Rock Wall</b>
<b>7:00-7:45 AM</b>	*Spin by Terry		*Spin by Terry		<b>SPIN AREA</b>
	FOD by Myles	Yoga by Shauna	FOD by Emily	Sunrise Yoga by Karsen	<b>HPC 367</b>
	Stretch & Climb by Mac	Stretch & Climb by Beck	Stretch & Climb by Mac	Stretch & Climb by Beck	<b>Rock Wall</b>
<b>5:15-6:00 PM</b>	SUP Yoga by Jenelle	*TRY-athlon Swim by Nick	SUP Fitness by Jenelle	*TRY-athlon Swim by Maddi	<b>POOL</b>
	UJAM by Pamela	HIIT by Mac	UJAM by Pamela	Stretch by Mac	<b>367</b>
<b>6:00-6:45 PM</b>	Tone by Karsen	FOD by Brooklyn & Bodiann	Tone by Karsen	Sunset Stretch by Chelsea	<b>HPC 354</b>
			Group Swim (hosted by aquatics)		<b>POOL</b>
<b>7:00-7:45 PM</b>	Zumba by Ashlyn	FOD Click & Pick (More Times Available. See Campus Rec for Details)			<b>HPC 367</b>
		*Spin by Deshka	*Spin by Ivette	*Spin by DeAnna	<b>SPIN AREA</b>
<b>8:10-8:55 PM</b>	FOD by Allie & Zaylie	HIGH by Melissa	FOD by Allie & Zaylie	HIGH by Emily	<b>HPC 367</b>
<b>9:00-9:45 PM</b>	*Line Dancing by Josh	HIGH by Melissa	*Swing Dancing by Brooke	HIGH by Emily	<b>HPC 367</b>

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## November 2021 Group Fitness Classes

Schedule Begins on November 1st & Last Day of Classes is November 18th

Time	Monday	Tuesday	Wednesday	Thursday	Location
<b>6:10-6:55 AM</b>	WOD by Fred	WOD by Terryn	WOD by Fred	WOD by Terryn	<b>MAC Court</b>
	Stretch & Climb by Mac	Stretch & Climb by Beck	Stretch & Climb by Mac	Stretch & Climb by Beck	<b>Rock Wall</b>
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	FOD by Myles	Yoga by Shauna	FOD by Emily		<b>HPC 367</b>
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			Group Swim (hosted by aquatics)		<b>POOL</b>
<b>7:00-7:45 PM</b>	Zumba by Ashlyn	FOD Click & Pick (More Times Available. See Campus Rec for Details)			<b>HPC 367</b>
		*Spin by Deshka	*Spin by Ivette	*Spin by DeAnna	<b>SPIN AREA</b>
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