

# FALL 2017 LSU SHREVEPORT REC SPORTS WEEKLY FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>PILATES</b> <i>5:15 – 6:00 p.m.</i>	<b>BODY THRIVE</b> <i>5:15 – 6:00 p.m.</i>	<b>KICKBOXING</b> <i>4:30 – 5:15 p.m.</i>	<b>YOGA</b> <i>6:00 – 7:00 p.m.</i>
	<b>YOGA</b> <i>6:00 – 7:00 p.m.</i>	<b>BODY SCULPT</b> <i>5:15 – 6:00 p.m.</i>	

**All classes are in the LSUS HPE Building Dance Studio.**

*Classes are FREE to LSUS and LSUHSC students (no sign-up necessary).*

*\$25 a semester for LSUS faculty/staff: call LSUS Rec Sports at 318-797-5393 or email [recsports@lsus.edu](mailto:recsports@lsus.edu) to sign-up.*

*\$75 a semester for public: call LSUS Continuing Education at 798-4177 or visit [www.ce.lsus.edu](http://www.ce.lsus.edu) to sign-up.*

**BODY SCULPT** – Strengthen and tone specific muscle groups using hand weights, rubber tubing, stability balls and other equipment.

**BODY THRIVE** – A low-impact, high-energy workout, focused on burning fat and creating lean muscles through light weights, bands and stability balls. Enjoy challenging and fun exercises that tone and tighten the entire body.

**KICKBOXING** – Incorporates the entire body by using kicks and punches in different combinations. This class is designed for people seeking a fun-filled, energized, powerful workout!

**PILATES** - An effective, non-impact exercise program that will strengthen and condition the core-body muscles through slow, focused and controlled movements. Bring your own mat or borrow one from Rec Sports.

**YOGA** – A vinyasa influenced class that focuses on getting a good stretch, building a little strength, and finding some balance to release tension from the busy week. Suitable for all levels.

**SCHEDULE FOR AUG. 21 – DEC. 7**

*\*No classes Sept. 4 (Labor Day), Oct. 12 (Fall Break) and Nov. 23 (Thanksgiving)*