

FALL 2017 LSU SHREVEPORT REC SPORTS WEEKLY FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
PILATES 5:15 – 6:00 p.m.	BODY THRIVE 5:00 – 5:45 p.m.	KICKBOXING 4:30 – 5:15 p.m.	YOGA 6:00 – 7:00 p.m.
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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 to sign-up.

\$75 a semester for public: call LSUS Continuing Education at 798-4177 or visit 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 – The word Vinyasa means “one breath, one movement”. Vinyasa yoga class will incorporate a flowing practice that will connect the breath with movement through sun salutations, standing and seated yoga poses as well as restorative stretching, preparation for arm balances and breath work (pranayama). Vinyasa yoga will build strength and flexibility, reduce stress and aid in weight loss.

SCHEDULE FOR AUG. 21 – DEC. 7

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