

# PSU Campus Rec Schedule: Fall 2020

September 28 - December 11

## Fall Term Hours

Effective September 28th, the Rec Center is open for PSU students and faculty/staff members. The facility is open Monday through Friday from 7 a.m. - 6 p.m. and closed for cleaning between 10 a.m. and 11 a.m. and between 2 p.m. and 3 p.m. The facility is closed on Saturday and Sunday. All PSU buildings are locked and require scanning your PSU ID card for entry.

## Facility Reservations

A facility reservation is now required in order to access the Rec Center facility. Campus Rec members can reserve a time slot up to 48 hours before visiting the Rec Center using our online facility reservation system. Learn more and reserve a time to visit the Rec Center on our [Facility Reservations webpage](#). You may also call our Member Services team at (503) 725-2931 during open hours to make a reservation.

## Outdoor Program Office Hours

The Outdoor Program office is open Mondays, Tuesdays, Thursdays, and Fridays between 2 p.m. and 6 p.m. for pick up and drop off of outdoor gear rentals. The office is closed on Wednesdays for equipment cleaning. Please call ahead at (503) 725-5668 to check on equipment availability and reserve gear.

## Group X Classes

In addition to a required facility reservation to access the Rec Center, members wishing to participate in our in-person Group X classes must now reserve their spot in that class by [pre-registering through GroupEx Pro](#). Virtual Group X classes over Zoom do not require a facility reservation or GroupEx Pro pre-registration; reservations are only required for in-person classes. If you would like to request accommodations or assistance in pre-registering for an in-person Group X class through GroupEx Pro, please call Member Services during facility hours at (503) 725-2931. Please note that, just like with facility reservations, GroupEx Pro pre-registration is only available starting 48 hours before the class begins. For more details about virtual and in-person Group X classes, visit our [Group X webpage](#).

## In-Person Group X Classes

Campus Rec is offering one in-person Group X class at the Rec Center per day (Monday - Thursday) between 12 p.m. and 1 p.m. In-person Group X classes have a limited capacity and require both a [facility reservation](#) and [GroupEx Pro pre-registration](#). All in-person Group X classes are held in ASRC 440/441, with entry at door 441 directly east of the elevator. A description of the room is provided below.

### Description of ASRC 440/441

As you enter, you are at the west wall in the southwest corner of the room. Exit at door 440 on the west wall, near the northwest corner of the room. The instructor occupies the north center of the room, and participants occupy three staggered rows in front of the instructor, with the back row against the south wall and one-way paths dividing the rows. We have designated a priority workout box intended for patrons who are visually or positionally impaired. To find the priority box, turn left at the entry door and follow the west wall past the closet doors and Bosu racks until you feel a tactile line underfoot. Follow the tactile line away from the wall to the priority box. The perimeter of the box is also marked by tactile lines. To exit, follow the line back to the west wall. Keep the wall to your left and the exit door is just in front of you. You may also call out to the instructor for assistance.

### *How to Pre-Register for In-Person Group X Classes*

1. Visit the [Group X schedule on GroupEx Pro](#).
2. Select the class you would like to register for. In-person classes marked with an edit icon to the left of the class name require pre-registration.
3. Click "Sign up" or "Add to waitlist" and then "Reserve a spot".
4. **First time only:** Create an account
5. Pre-register **up to 48 hours in advance**.
6. You will receive an email confirmation after your reservation is complete.
  - o If you need to cancel your reservation, please do so through your email confirmation or by logging into GroupEx Pro so your spot can be given to someone on the waitlist.
  - o If you are moved from the waitlist into a class, you will receive another email to notify you.
  - o If a class is changed in any way (substitute instructor, cancelled, etc.) you will receive an email to notify you.

### *How to join a Virtual Group X Class:*

1. Open the Zoom link for the class that you wish to attend. Zoom links are located after each class End Time on the Virtual Group X Class Schedule below.
2. If prompted, choose "Sign-in via SSO" (single sign-on authentication). The domain is pdx.zoom.us
3. Sign in with your odin username and password.
4. If you have Duo enabled, verify with Duo. You're all set! You may participate with your camera on or off. Enjoy!

In the pages that follow, you will find a list with descriptions for all virtual Group X classes, and links to attend over Zoom. The in-person Group X classes are listed after the virtual classes. All classes are organized by day and time offered.

# Virtual Group X Class Schedule

## Mondays

### Virtual HIIT & Abs

- Class Type: Cardio
- Instructor: Addie F.
- Day: Monday
- Start Time: 8:00 AM
- End Time: 8:45 AM
- Zoom Link: <https://pdx.zoom.us/j/94477083840>
- Class Description: HIIT stands for High-Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery time where the heart rate will slow down. HIIT is known for being an extremely effective cardiorespiratory workout in a short time frame. This class will utilize the entire body with both bodyweight and equipment-based exercises.

### Virtual Intermediate Vinyasa Yoga

- Class Type: Mind/Body
- Instructor: Maple L.
- Day: Monday
- Start Time: 12:00 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/99789004040>
- Class Description: Open your heart, body, and mind in this detoxifying, vinyasa flow. Class will progress to matching one breath per movement to create strong, flow-based sequences that elevate heart rate and build warmth in the body. Intermediate poses are introduced including arm balances, backbends, and prep poses for inversions. Intermediate Vinyasa classes are faster paced; knowledge of yoga postures is helpful but not required.

### Virtual At-Home Strength

- Class Type: Strength
- Instructor: Karelly R.
- Day: Monday
- Start Time: 5:15 PM
- End Time: 6:00 PM
- Zoom Link: <https://pdx.zoom.us/j/98597972571>
- Class Description: This full-body strength training class will help you feel the burn! No fitness equipment is needed. Instead, we will use household items such as backpacks, water bottles, and other creative options. Leave feeling strong and pumped!

## Tuesdays

### Virtual Applied Mobility

- Class Type: Mind/Body
- Instructor: Nathaneil M.
- Day: Tuesday
- Start Time: 10:00 AM
- End Time: 10:30 AM
- Zoom Link: <https://pdx.zoom.us/j/98685353343>
- Class Description: This weekly 30-minute class is geared towards providing a gentle and restorative experience. You'll reconnect with your body and breath with movements specifically selected to be scalable and get you moving in new ways. Applied Mobility will help you improve posture, increase flexibility, move freely and prepare your body for whatever you want to do with your day.

### Virtual Cycle

- Class Type: Cardio
- Instructor: Liana B.
- Day: Tuesday
- Start Time: 12:15 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/97636706787>
- Class Description: This is an amazing cardiovascular workout that works well for participants of all levels. Instructors will lead you through a variety of drills on the bike, such as sprints and hills, taught with motivating music to keep you going and ensure you get the most out of your workout time. Participants can use any stationary bike, or a bike placed on an indoor trainer, to participate in class. If you don't have a bike or an indoor bike trainer and want to participate in this class, view our [Virtual Cycle FAQ sheet](#) (PDF) to learn how you can affordably rent the necessary equipment from Campus Rec and the PSU Bike Hub.

### Virtual Hatha Yoga

- Class Type: Mind/Body
- Instructor: Jessica B.
- Day: Tuesday
- Start Time: 5:15 PM
- End Time: 6:15 PM
- Zoom Link: <https://pdx.zoom.us/j/96647089451>
- Class Description: This active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice. Poses are held for 3-10 breaths to build strength, body awareness and mind-body connection.

Virtual Hatha Yoga Class Description Continued: It is appropriate for beginners with no prior yoga experience, as well as more experienced practitioners seeking a refresher on the fundamentals of breath and alignment.

## Wednesdays

### Virtual Zumba

- Class Type: Dance Fitness
- Instructor: Jana A.
- Day: Wednesday
- Start Time: 10:15 AM
- End Time: 11:00 AM
- Zoom Link: <https://pdx.zoom.us/j/91437322770>
- Class Description: This Latin-inspired dance-fitness class incorporates Latin and International music and dance movements to create a dynamic, exciting, and effective fitness program. The class format combines fast and slow rhythms that challenge the body in an aerobic fashion to achieve a unique balance of cardio and muscle-strengthening benefits. Ditch the workout and join the party!

### Virtual Bodyweight Bootcamp

- Class Type: Combo
- Instructor: Charlotte K.
- Day: Wednesday
- Start Time: 12:15 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/95406178815>
- Class Description: This class combines strength training and cardio exercises for a comprehensive workout. This is an ideal class if you would like a full-body, interval-based workout that can be performed anywhere.

### Virtual HIIT & Abs

- Class Type: Cardio
- Instructor: Karelly R.
- Day: Wednesday
- Start Time: 5:15 PM
- End Time: 6:00 PM
- Zoom Link: <https://pdx.zoom.us/j/98065325559>
- Class Description: HIIT stands for High-Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery time where the heart rate will slow down. HIIT is known for being an extremely effective cardiorespiratory workout in a short time frame. This class will utilize the entire body with both bodyweight and equipment-based exercises.

### Virtual Beginner Vinyasa Yoga

- Class Type: Mind/Body
- Instructor: Julie G.
- Day: Wednesday
- Start Time: 6:15 PM
- End Time: 7:15 PM
- Zoom Link: <https://pdx.zoom.us/j/97489387594>
- Class Description: This mindful vinyasa flow class practices slowing down and moving with the breath to promote awareness and grace. The integration of yin yoga to release fascial tension with a slow and gentle vinyasa flow teaches practitioners to use breath effectively in transitioning from one movement to the next. This is a perfect class for yogis building up to a faster-paced vinyasa practice, or for experienced yogis looking to slow down and find some release in a gentler flow.

### Thursdays

#### Virtual Hatha Yoga

- Class Type: Mind/Body
- Instructor: Jim H.
- Day: Thursday
- Start Time: 8:00 AM
- End Time: 9:00 AM
- Zoom Link: <https://pdx.zoom.us/j/99877431976>
- Class Description: This is an active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice. Poses are held for 3-10 breaths to build strength, body awareness and mind-body connection. It is appropriate for beginners with no prior yoga experience, as well as more experienced practitioners seeking a refresher on the fundamentals of breath and alignment.

#### Virtual Dryland Fitness for Swimmers

- Class Type: Strength
- Instructor: Nathaneil M.
- Day: Thursday
- Start Time: 10:00 AM
- End Time: 11:00 AM
- Zoom Link: <https://pdx.zoom.us/j/91071651373>
- Class Description: This weekly 45-minute total body workout is designed to help swimmers maintain strength, flexibility, and endurance out of the pool. Not only is dryland training ideal while pool access is hard to come by, but incorporating dryland training into your workout routine can help you become stronger and more explosive in the water while decreasing your risk of injury.

### Virtual At-Home Strength

- Class Type: Strength
- Instructor: Liana B.
- Day: Thursday
- Start Time: 12:15 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/97570070346>
- Class Description: This full-body strength training class will help you feel the burn! No fitness equipment is needed. Instead, we will use household items such as backpacks, water bottles, and other creative options. Leave feeling strong and pumped!

### Virtual Yoga Sculpt

- Class Type: Mind/Body
- Instructor: Maple L.
- Day: Thursday
- Start Time: 3:15 PM
- End Time: 4:00 PM
- Zoom Link: <https://pdx.zoom.us/j/96055862888>
- Class Description: Yoga Sculpt is an intense and challenging class that targets your mind and body. Sweat out toxins, boost your metabolism, and build strength while you flow through asanas (yoga poses), incorporate free weights, and move with upbeat music. When aspects of cardio and strength training combine with the mindfulness of yoga, Yoga Sculpt is born. Great for students to add into their yoga practice and also appropriate for beginners.

### Virtual Zumba

- Class Type: Dance Fitness
- Instructor: Lizzy T.
- Day: Thursday
- Start Time: 5:15 PM
- End Time: 6:00 PM
- Zoom Link: <https://pdx.zoom.us/j/99633994703>
- Class Description: This Latin-inspired dance-fitness class incorporates Latin and International music and dance movements to create a dynamic, exciting, and effective fitness program. The class format combines fast and slow rhythms that challenge the body in an aerobic fashion to achieve a unique balance of cardio and muscle-strengthening benefits. Ditch the workout and join the party!

## Fridays

### Virtual Gentle Yoga

- Class Type: Mind/Body
- Instructor: Jessica B.
- Day: Friday
- Start Time: 12:00 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/94096776122>
- Class Description: This slow-paced and alignment-based practice facilitates ease and awareness in the body using a combination of gentle active practice, yin yoga stretches to release tension in the fascia, and restorative poses combined with simple breath and meditation techniques. Gentle Yoga is appropriate for anyone from the absolute beginner to the experienced yogi looking to bring an element of deep relaxation to their practice.

### Virtual Tabata

- Class Type: Combo
- Instructor: Addie F.
- Day: Friday
- Start Time: 4:00 PM
- End Time: 4:45 PM
- Zoom Link: <https://pdx.zoom.us/j/97892844601>
- Class Description: Using the Tabata method (20 seconds of work, 10 seconds of rest, 8 times through, with a 1-minute rest between rounds) we will conquer a variety of cardio and bodyweight strength exercises. Tabatas provide a challenging and effective workout that will leave you feeling physically and mentally strong and proud!

## Saturdays

### Virtual HIIT & Abs

- Class Type: Cardio
- Instructor: Karelly R.
- Day: Saturday
- Start Time: 12:15 PM
- End Time: 1:00 PM
- Zoom Link: <https://pdx.zoom.us/j/94019257305>
- Class Description: HIIT stands for High-Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery time where the heart rate will slow down. HIIT is known for being an extremely effective cardiorespiratory workout in a short time frame. This class will utilize the entire body with both bodyweight and equipment-based exercises.

## Sundays

### Virtual Bodyweight Bootcamp

- Class Type: Combo
- Instructor: Addie F.
- Day: Sunday
- Start Time: 5:15 PM
- End Time: 6:00 PM
- Zoom Link: <https://pdx.zoom.us/j/93927112315>
- Class Description: This class combines strength training and cardio exercises for a comprehensive workout. This is an ideal class if you would like a full-body, interval-based workout that can be performed anywhere.

## In Person Group X Class Schedule

### Mondays

#### In-Person Lift Strong

- Class Type: Strength
- Instructor: Charlotte K.
- Day: Monday
- Start Time: 12:15 PM
- End Time: 1:00 PM
- Location: ASRC 440/441
- Class Description: This full-body strength training class will help you feel the burn! Lift Strong uses free weights, body bars and more to work every major muscle group in the body - so your muscles leave feeling strong and you leave feeling pumped. Instruction and participation focus on correct lifting techniques, with the use of light to moderate weights and higher repetitions.

### Tuesdays

#### In-Person Hatha Yoga

- Class Type: Mind/Body
- Instructor: Jim H.
- Day: Tuesday
- Start Time: 12:00 PM
- End Time: 1:00 PM
- Location: ASRC 440/441

- **Class Description (In-Person Hatha Yoga):** This is an active yoga class that uses yoga asanas (poses), breath, and alignment principles to move you deeper into your practice. Poses are held for 3-10 breaths to build strength, body awareness and mind-body connection. It is appropriate for beginners with no prior yoga experience, as well as more experienced practitioners seeking a refresher on the fundamentals of breath and alignment.

## Wednesdays

### In-Person Cardio Dance

- **Class Type:** Dance Fitness
- **Instructor:** Hailana A.
- **Day:** Wednesday
- **Start Time:** 12:15 PM
- **End Time:** 1:00 PM
- **Location:** ASRC 440/441
- **Class Description:** Cardio dance has a mix of many genres of music, traveling around the world from pop to RnB, rap, Latin, K-pop, and more. The dances range from hip-hop to salsa and combine fast and slow rhythms allowing participants to choose the levels they want. The important thing is getting a good sweat, feeling confident, and having fun!

## Thursdays

### In-Person Pump X

- **Class Type:** Strength
- **Instructor:** Alex F.
- **Day:** Thursday
- **Start Time:** 12:15 PM
- **End Time:** 1:00 PM
- **Location:** ASRC 440/441
- **Class Description:** Feel the music and the burn! This full-body strength class uses light to moderate weights with lots of repetition, all coordinated to the beat of music. Let the music, instructor, and team atmosphere motivate you to achieve more than you can on your own. Be ready to work up a sweat and leave with a smile in this fun, music-driven, total-body workout!