## SUMMER 2023 IN-PERSON GROUPX CLASSES

**Monday, June 26 - Friday, September 1**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Deep Water X</strong> Pool: Alex E.</td>
<td><strong>Morning programs</strong></td>
<td><strong>Intermediate Vinyasa Yoga</strong> ASRC 440/441 · Olivia C. 8:00 am - 9:00 am</td>
<td><strong>Full-Body Strength</strong> ASRC 440/441 · Beau J. 12:15 pm - 1:00 pm</td>
<td><strong>Beginner Vinyasa Yoga</strong> ASRC 440/441 · Alex E. 12:15 pm - 1:15 pm</td>
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<td>9:00 am - 9:45 am</td>
<td><strong>Cycle/Krank</strong> ASRC 440/441 · Alex F. 12:15 pm - 1:00 pm</td>
<td><strong>Evening programs</strong></td>
<td><strong>Bootcamp</strong> ASRC 440/441 · Beau J. 12:15 pm - 1:00 pm</td>
<td><strong>SUNDAy</strong></td>
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<td><strong>Barre</strong> ASRC 440/441 · Megan M. 12:15 pm - 1:00 pm</td>
<td><strong>Strength</strong> ASRC 440/441 · Beau J. 12:15 pm - 1:00 pm</td>
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<td><strong>Zumba</strong> ASRC 440/441 · Alex S. 4:15 pm - 5:00 pm</td>
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<td><strong>Upper Body &amp; Core</strong> ASRC 440/441 · Megan M. 4:15 pm - 5:00 pm</td>
<td><strong>Gentle Yoga</strong> ASRC 440/441 · Alex E. 4:00 pm - 5:00 pm</td>
<td><strong>No programs</strong></td>
<td><strong>Zumba</strong> ASRC 440/441 · Lizzy T. 11 am - 11:45 am</td>
<td><strong>NO CLASSES</strong></td>
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<td><strong>HIIT + Abs</strong> ASRC440/441-Francesca M. 5:15 pm - 6:00 pm</td>
<td><strong>Lower Body &amp; Core</strong> ASRC440/441-Anna K. 5:15 pm - 6:00 pm</td>
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<td><strong>Deep Water X</strong> Pool: Alex E.</td>
<td><strong>Interm</strong></td>
<td><strong>Shallow Water X</strong> Pool: Denise C. 10:00 am - 10:45 am</td>
<td><strong>Deep Water X</strong> Pool: Alex E. 10:00 am - 10:45 am</td>
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### KEY
- **Cardio**
- **Combo**
- **Dance Fitness**
- **Mind/Body**
- **Strength**
  - Morning programs
  - Afternoon programs
  - Evening programs
  - No programs

### MISSION & VISION

**Group X Mission**: Campus Rec Group X provides a wide variety of inclusive and accessible group fitness classes to the PSU community that promote joyful movement, build participant confidence, and enhance wellbeing.

**Group X Vision**: Create positive movement experiences in an inclusive community.

### FIND GROUPX ONLINE

[QR Code](https://www.campusrec.pdx.edu/recreation)
Cycle/Krank
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, to ensure you get the most out of your workout time. Participants will be set up on the bikes safely and be provided with motivating music to keep you going. Krank cycles for the upper body can be swapped out for traditional spin bikes if preferred. Please bring a towel and a water bottle as this class will make you sweat! If you are a new rider please come 5 minutes early so that you can get properly set up.

HIIT + Abs
HIIT stands for High Intensity Interval Training which is characterized by periods of high energy and fast heart rates, followed by recovery intervals. HIIT is known for providing an effective cardio respiratory workout in a short time frame. Be ready to utilize your entire body via bodyweight and equipment based exercises.

Bootcamp
This class combines strength training and cardio exercises for a comprehensive workout that is ideal for anyone seeking a fun, full body, interval-based workout that can be performed anywhere. Bootcamp’s endless variety will keep you engaged and progressing along your fitness journey.

Deep Water X
This little-to-no impact class gives you the opportunity to get a great workout without putting any added stress on your joints. With a variety of cardio, core, and strength work you can look forward to a full-body workout, using the water to do what we can’t with our feet on the ground. Deep Water X is ideal for participants of all body types and fitness levels. No swim experience required.

Shallow Water X
This class takes place in the shallow end of the pool, using the buoyancy of water to lesson the impact on our joints. You can expect a variety of HIIT intervals, plyometrics, and strength work for the upper and lower body in this effective, low-impact class. No swim experience required.

Hip Hop Dance
Hip Hop Dance is designed to keep your body moving through simple and fun hip hop movement while providing a community for those who enjoy dancing and listening to a variety of hip hop tracks. Any level of dance experience is welcome!

Zumba
This Latin-inspired dance-fitness class incorporates Latin and International music with dance movements to create a dynamic and fun fitness program. The class format combines fast and slow rhythms that move the body in an aerobic fashion to achieve a unique balance of cardio and muscle-strengthening benefits. No prior dance experience necessary. Come join the party!

Beginner Vinyasa Yoga
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.

Gentle Yoga
This slow-paced and alignment-based practice facilitates ease and awareness in the body through using a combination of gentle yin yoga stretches to release tension in the fascia, restorative poses, and breathing 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.

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. Hatha Yoga is appropriate for beginners with no prior yoga experience, as well as more experienced participants seeking a refresher on the fundamentals of breath and alignment.

Intermediate Vinyasa Yoga
Open your heart, body, and mind in this 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.

Barre
Barre is a fusion of Pilates, yoga, aerobicics, and elements of strength training. It is a full body workout that uses light to moderate weights, resistance tubing, a Pilates ball, and a mat. Barre improves posture, flexibility, overall body strength, and balance. Come ready to get your body moving and establish new connections with fellow classmates.

Full-Body Strength
This full body resistance training class will help you realize your strength through the use of free weights, body bars, and more to work every major muscle group in the body. Instruction and participation focus is on correct lifting techniques, with the use of light to moderate weights and higher repetitions. Use the energy of class to help you reach your goals!

Lower Body & Core
If you are looking to strengthen your lower body, this is the ideal class for you! Using strength training principles and a mix of bodyweight and equipment (common household props used for virtual classes), this class is sure to target and strengthen every area of your glutes, quads, hamstrings, abdominals, and calves.

Upper Body & Core
This class is intended to strengthen your core, arms, chest, back, and shoulders using bodyweight as well as equipment (common household props used for virtual classes). This motivating and empowering class is great for those looking to make upper body and core strength gains, to learn how to perform exercises safely, or to continue to move while resting and/or recovering their lower bodies.