**AXIS ®**: Focus on your foundation—your core—in just 30 minutes. Create stability from the middle of your body, then layer on mobility, strength, and power. Become stronger, leaner, and more powerful from center out.

**BODY BLAST**: Improve your muscular strength & endurance as well as achieve cardio benefits in 60 minute blasting workout incorporating segments of high-intensity interval training, core training and functional strength training.

**CARDIO STEP**: A 60 minute step workout designed to push your cardio into high gear and attack the legs both on and off the step. This workout will strengthen your heart, improve coordination, and tone your body.

**GENTLE YOGA**: Improve the way you look and feel with a relaxing 60 minute class that focuses on gentle poses. This class will strengthen your core, improve your posture, increase your balance and flexibility, strengthen and tone muscles, and relieve joint pain. All levels welcome.

**INDOOR CYCLING**: Instructors will guide you through several workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and cool-downs. You control resistance on your bike to make the pedaling as easy or difficult as you choose. Constant adjustment is normal. All you’ll need is workout clothes, a towel (to wipe your face), a water bottle and lots of positive energy.

**MAT FUSION**: Taking inspiration from ballet barre, Pilates, and yoga, this low-impact, full-body workout class focuses on improving tone, posture, and balance while increasing flexibility and endurance.

**RIP ®**: A barbell workout that incorporates functional strength training by using weights and bodyweight in every movement plane. The safe, motivating exercises and great music create a thrilling results-based fitness class experience.

**YOGA**: This general yoga practice will help you transform your mind and body by enhancing your strength, balance, flexibility, and stability. Find your inner peace and calmness while feeling stronger and more centered.

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**What you will need:**

- Proper workout attire
- Supportive sneakers
- Stiff-soled sneakers or cycling shoes for Spin.
- Sweat towel
- Water bottle

**Equipment is provided:**

- Yoga Mats
- Yoga Blocks
- Yoga Straps
- Step benches & risers
- Resistance Training Equipment

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**Special Notes:**

*FREE class August 21-26 & December 11-14

* No noon class on the following dates: **Friday, August 25th-Opening Convocation and Mass & Monday, October 23rd President Trainor’s Inauguration**

*No fitness classes on the following dates: **October 7, 12, 13, 14 and November 22, 23, 24, 25**

*Modified class schedule **October 9-11**

*No evening classes on **Tuesday, November 21st**

*Special Fitness Program: **Monday, November 20, 2017--5:15-7:30pm--Turkey Burn Workout**

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**fitness@msmary.edu** or **301.447.3810**