### Class Descriptions:

**CYCLE EXPRESS:** Enjoy a 30 minute heart-pumping, sweat-producing indoor cycle class. Great for those with limited time as well as for those who may not feel ready for the full hour class. You control resistance on your bike to make the pedaling as easy or difficult as you choose.

**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 CYCLE:** 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.

**1/2 PUMPED:** 30 minutes of your favorite barbell workout focusing on the compound, multi-joint lifts. The same great exercises and music as the 60 minute class creating thrilling results.

**PUMPED:** 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.

**TONES & CORE:** Tone your upper body, lower body, and core with exercises using your own body weight, resistance tubing, mini bands, and/or barbells.

**1/2 PUMPED:** A 45-minute total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the Latin and World rhythms take over, you’re sure to see why Zumba® Fitness classes are often called exercise in disguise.

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### Special Notes:

- Monday August 22nd – No 6:30 AM Class
- Monday, September 5th – No Classes
- Friday, October 14 – No 6:30 AM Class

**Semester Unlimited Fees:**

<table>
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<tr>
<th>Mount Student</th>
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<tbody>
<tr>
<td>Mount Community</td>
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**@msmu_campusrec**