

## GROUP X SCHEDULE DESCRIPTIONS

### **"Xtreme Steps" Step Class**

**Instructor: Yasmine**

*(Monday's 7-8AM, Tuesday's 1-2PM, Wednesday's 11AM-12PM)*

Step aerobics is a class for those looking to get busy and active in a way that doesn't seem like exercise. It is a structured, choreographed class that involves increasing endurance and lots of fun

### **"Motivated Gains" Strength Class**

**Instructor: Daniel**

*(Monday's & Wednesday's 10-11AM, Tuesday's & Wednesday's 8-9AM)*

Motivated Gains is a strength and conditioning class that's focus is peak muscle stimulation and increased muscle endurance. Through high interval training and aerobic conditioning, we will see GAINS!

**Slogan "Let's gain something"**

Hashtag #WhoGotMG)

### **"The Beauty of Prana and Spanda" Meditation & Body Movement**

**Instructor: Jabria**

*(Monday's & Friday's 1-2PM)*

The beauty of Prana and Spanda. A dance class that is focused on Breathing to enhance and promote expressive Body Movement

### **"Ayantee Lifts" Strength & Body Weight**

**Instructor: Isaac**

*(Monday's & Wednesday's 4-5PM / Collaboration with Training with Chan on Friday's 4-5PM)*

Ayantee lifts is a strength class focused on body weight and weighted exercise. Be prepared to sweat and gain knowledge on proper fitness techniques while also reaching your fitness goals.)

### **Agility "Agile Aggies"**

**Instructor: Tylen**

*(Monday's 5-6PM, Tuesday and Thursday's 11am-12pm)*

Looking to improve your fitness lifestyle? Agile Aggies is a class focused on sharpening reflexes, strengthening the mind-body connection, and overall pushing towards getting in excellent shape.

### **Calisthenics "TWC" Training with CHAN**

**Instructor: Chandler**

*(Monday's and Wednesday's 6-7PM / Collaboration with Ayantee Lifts on Friday's 4-5PM )*

TrainingWithChan is a bodyweight training class focused on promoting mental and physical wellness while having fun)

### **Core/Abs & Dancing “BAK n Motion**

**Instructor: Brooklyn**

*(Monday's 7-8PM, Wednesday 5-6PM, Friday 6-7 PM)*

BAK N' MOTION is a class that focuses on embracing your authentic self through various core exercises and aerobic dances/routines that elevate your body and allows you to have fun through movement.

### **Strength & Conditioning “Next Level Fitness”**

**Instructor: Deanna**

*(Wednesday and Thursday's 1-2PM)*

Next Level Fitness is a strength training and conditioning class that will get Aggies to push themselves in the gym, while also encouraging healthy lifestyle habits.

### **Aggies Breathe**

Instructor:

*(Tuesday's 5-6 PM)*

Aggies Breathe is a class to promote meditation, relaxation, and rejuvenation among individuals at NCAT

### **Chandler & Isaac TWC/AL**

**Instructor: Chandler & Isaac TWC/AL**

*(Friday's 4-5PM)*

### **“Non-Stop K-POP” Dance Class**

**Instructor: Julia**

*(Thursday's 5-6PM)*

Nonstop K-pop - high energy dance class that you won't want to miss! Original choreography and K-pop dance covers every Thursday 5-6pm!