HEALTHY TITANS

Fall 2020 Schedule

Classes in white boxes will begin on Wednesday, September 9th and are included in the Healthy Titan’s membership options. Please see the schedule for details on virtual and in person class offerings. Classes in GOLD boxes are led by our 443 students and are FREE to faculty and staff and begin Wednesday, October 5th.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>11:30am-12:15pm</td>
<td>Yoga with Sara (Virtual only)</td>
<td>Total Titan with Kate (Virtual and in person)</td>
<td>Total Titan with Kate (Virtual and in person)</td>
<td>Cardio and Core (Virtual only)</td>
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<tr>
<td>4:45-5:30pm</td>
<td>Titan Strength (Virtual and in person)</td>
<td>Cycling with Kate (In person)</td>
<td>Titan Intervals (Virtual and in person)</td>
<td>Cycling with Kate (In person)</td>
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**Yoga with Sara Hansen** is a gentle style of yoga varying between Hatha and Vinyasa with other elements mixed in. Beginner yogis as well as experienced practitioners are welcome! Sara’s style integrates all students in multi-level classes. Options will be provided for those with injuries and limitations, and also for those who want to build fire while taking their practice to the next level.  
**Total Titan** is a full body workout integrating upper and lower body, core and cardiovascular exercises. Workouts will vary class to class.  
**Cardio and Core** is a balanced workout between cardio and core circuits. Limited equipment is needed as movements will be primarily body weight based.  
**Cycling** will take you on a mixed terrain of flat roads, rolling hills and larger climbs. New to the bike? No worries - take this class at your own pace. Perfect for beginners and advanced cyclists.  
**TRX Express** will hopefully be back soon! Stay tuned for more updates.  
**Titan Strength and Titan Interval** are led by our upper level 443 Kinesiology students. Take these classes at your own pace - all abilities are welcome.  
  * **Titan Strength** will focus primarily on strength-based movements and tailored warm-up and flexibility to round things out.  
  * **Titan Interval** utilizes different interval patterns for a fun, fast-paced workout. A wide variety of exercises keep this class fresh and fun.