

# COLUMBUS STATE

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## COLLEGE RECREATION AND WELLNESS

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### AUTUMN 2019 RECREATION CLASS SCHEDULE

*\*All classes held in Delaware Hall 158. Classes go from 9/2 – 12/5*

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#### Tuesday

1:00 -1:30pm: Cardio Sculpt w/ Danielle

1:30 - 2:00pm: Roll and Stretch w/ Danielle

#### Wednesday

1:00-2:00pm: Hatha Yoga & Meditation w/ Kathleen

#### Thursday

1:00 -1:30pm: CS Sweat w/ Grace

1:30 - 2:00pm: Roll and Stretch w/ Grace

*\*See reverse side for class descriptions*

*For class updates and other information, follow us!*



CSCC College Recreation  
and Wellness



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Questions? Stop by DE 083, call, or email us! 614-287-3843 or [cscrcrw@cscce.edu](mailto:cscrcrw@cscce.edu)

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## COLLEGE RECREATION AND WELLNESS

### Recreation Class Descriptions

**Hatha Yoga & Meditation**– This yoga class concentrates on physical and mental well-being through use of bodily postures, breathing techniques, and meditation techniques. We aim to leave each participant feeling better than they did coming in. Suitable for all fitness levels.

**Cardio Sculpt** – Learn how to focus on form in this cardio conditioning class. Aimed for the intermediate participant, this class incorporates circuits of endurance, strength, and plyometric exercises that are designed to increase cardiorespiratory endurance during this total body workout.

**CS Sweat** – Get ready to sweat! This intermediate-level class includes circuits and timed interval training to help participants increase cardiorespiratory endurance and ignite fat-burning potential.

**Roll and Stretch** – This class gives participants the opportunity to relax and roll out the kinks using the foam rolling method. Stretching techniques are also used to help loosen tight muscles and increase flexibility.

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