When you participate in Recreation Services Fitness Classes, you benefit in a variety of ways. Think about the 8 Dimensions of Wellness you may benefit from when you participate:

<table>
<thead>
<tr>
<th>Physical</th>
<th>Intellectual</th>
<th>Occupational</th>
<th>Spiritual</th>
<th>Environmental</th>
<th>Financial</th>
<th>Social</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness and health</td>
<td>Personal growth and development</td>
<td>Independence and productivity</td>
<td>Personal and spiritual fulfillment</td>
<td>Comfort and enjoyment</td>
<td>Economic well-being</td>
<td>Relationships and community involvement</td>
<td>Self-acceptance and self-esteem</td>
</tr>
</tbody>
</table>

The classes are free to students and are subject to change. 

### Classes for Spring Semester 2020

#### Monday
- **6:30-7:20 AM**
  - **B征集**
    - State 2121
  - **Cross Training**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

#### Tuesday
- **6:30-7:20 AM**
  - **Boxing**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

#### Wednesday
- **6:30-7:20 AM**
  - **Boxing**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

#### Thursday
- **6:30-7:20 AM**
  - **Boxing**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

#### Friday
- **6:30-7:20 AM**
  - **Boxing**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

### Additional Notes
- **Physical**
  - **Cardio Kickboxing**
    - State 2121
  - **Cycle Fit**
    - State 2105
  - **Barre**
    - State 2121

- **Intellectual**
  - **State 2121**
  - **Morgan State 2185**
  - **Bachelor Cycle**
  - **State 2121**
  - **State 2112**

- **Occupational**
  - **State 2121**
  - **State 2112**

- **Spiritual**
  - **Bachelor Cycle**

- **Environmental**
  - **State 2121**
  - **State 2112**

- **Financial**
  - **State 2121**
  - **State 2112**

- **Social**
  - **State 2121**
  - **State 2112**

- **Emotional**
  - **State 2121**
  - **State 2112**

#### Fitness Class Schedule
- **Mon-Fri:**
  - **10:00-10:50 AM**
    - **Critique**
      - **State 2105**
  - **11:00-11:50 AM**
    - **B征集**
      - **State 2121**
  - **12:00-12:50 PM**
    - **Cycle Fit**
      - **State 2105**
  - **12:10-12:50 PM**
    - **Boxing**
      - **State 2121**

#### Registration
- **1. Go to RecServices.Jastate.edu/Fitness/classes**
- **2. Select the class you want to attend**
- **3. Reserve your spot by logging in with your NetID**
- **4. Attend class and get fit done!**

*Registration is required via our website and is open 3 days prior to the start of each class.*