### June Group X Calendar 2017

#### Monday
- **At Home POWER Workout:**
  - 15 Jumping Jacks
  - 10 Jump Squats
  - 15 High Knees
  - 10 Mountain Climbers
  - 2-3x

#### Tuesday
- **At Home Workout:**
  - 10 Burpees
  - 10 Squats
  - 10 Lunges
  - 10 Push Ups

- **Mindful Monday Lunchtime Classes!**
  - 12:30pm Full Body Workout w/ Ashanti

- **6:15pm**
  - Boot Camp w/ Clayton

- **6:15pm**
  - Zumba w/ Angela

#### Wednesday
- **6:15pm**
  - Yoga w/ Clayton

- **6:15pm**
  - HIIT (High Intensity Interval Training) w/ Shannon

#### Thursday
- **1**
  - 6:15pm Get Fit w/ Joseph

- **8**
  - Push Ups? Try to do modified or full push-ups daily this month. NO CLASS

#### Friday
- **2**
  - Get fit with the entire family this summer!

- **9**
  - Increase your flexibility and relieve stress with Yoga and Pilates

#### Saturday
- **3**
  - Exercise is a natural metabolism booster. Increase your cardio and weight lifting exercises to increase muscle tone and burn fat

#### Wednesday
- **6:15pm**
  - Powerstep w/ Angela

- **6:15pm**
  - Bosu Blast w/ Mrs. D

- **6:15pm**
  - MYSTERY SAMPLE CLASS!! (w/ Course Students)

#### Thursday
- **22**
  - 6:15pm MYSTERY SAMPLE CLASS!! (w/ Course Students)

#### Friday
- **23**
  - Increase your heart rate, makes you faster and targets your waistline

#### Saturday
- **24**
  - At Home POWER Workout:
    - 15 Jumping Jacks
    - 10 Jump Squats
    - 15 High Knees
    - 10 Mountain Climbers
    - 2-3x

- **25**
  - At Home Workout:
    - 10 Burpees
    - 10 Squats
    - 10 Lunges
    - 10 Push Ups

#### Monday
- **12:30pm**
  - Pilates w/ Mrs. D

- **6:15pm**
  - Yoga w/ Clayton

- **6:15pm**
  - Zumba w/ Angela

- **6:15pm**
  - Kickbox & Strength w/ Joseph

- **6:15pm**
  - Cardio Blast w/ Walter

#### Tuesday
- **12:30pm**
  - Cardio Blast w/ Walter

- **19**
  - At Home Workout:
    - 10 Burpees
    - 10 Squats
    - 10 Lunges
    - 10 Push Ups

- **30**
  - If you can hold a plank for 30 seconds, try adding some variations

#### Wednesday
- **13**
  - At Home Workout:
    - 10 Burpees
    - 10 Squats
    - 10 Lunges
    - 10 Push Ups

- **26**
  - Yoga w/ Clayton

#### Thursday
- **21**
  - 6:15pm Kickbox & Strength w/ Joseph

#### Friday
- **29**
  - 6:15pm Cardio Blast w/ Walter

#### Saturday
- **20**
  - At Home Workout:
    - 10 Burpees
    - 10 Squats
    - 10 Lunges
    - 10 Push Ups

- **27**
  - Yoga w/ Clayton

- **28**
  - Zumba w/ Angela

- **29**
  - Cardio Blast w/ Walter

---

If you require accommodations based on disability and/or medical condition, please contact Donnæe Ward Laughinghouse at 919-530-5136 five days prior to the event. Reasonable accommodations will be provided to ensure full participation in the event.

North Carolina Central University | Campus Recreation