

SUMMER 2025 LSUS REC SPORTS WEEKLY FITNESS CLASS SCHEDULE

MONDAY	WEDNESDAY	THURSDAY
CAJUN DANCE <i>6:15 - 7:05 p.m.</i>	KICKBOXING <i>4:30 - 5:15 p.m.</i>	SWING DANCE <i>6:15 - 7:05 p.m.</i>
	BODY SCULPT <i>5:15 - 6:00 p.m.</i>	
	LINE DANCE <i>6:15 - 7:05 p.m.</i>	COUNTRY & WESTERN DANCE <i>7:15 - 8:05 p.m.</i>
	BALLROOM & LATIN DANCE <i>7:15 - 8:05 p.m.</i>	

All classes are in the LSUS HPE Building Dance Studio (HPE 118).

BALLROOM & LATIN DANCE – Become a star on the dance floor! Learn the basic steps of the Foxtrot, Waltz, Cha-Cha, rumba, Salsa, Tango, and more. No partner needed!

BODY SCULPT – Strengthen and tone specific muscle groups using hand weights, rubber tubing, stability balls and other equipment.

CAJUN DANCE – Step, tap, step, tap, rock, step. Slide onto the dance floor and cut a rug to lively Cajun music. Learn the Cajun waltz, Two Step, Jig, Lake Charles Slide, Cowboy Jitterbug, Zydeco, and more. Lead or follow on the dance floor. No partner is needed.

COUNTRY & WESTERN DANCE – Kick up your boots and get fancy like on the hard wood floor! Learn the Two-Step, Double Two-Step, Texas Two-Step, Cotton-eyed Joe, and more!

KICKBOXING – Incorporates an “aerobox” style using the entire body through kicks and punches in different combinations. This class is designed for people seeking a fun-filled, energized, powerful workout!

LINE DANCE – Challenge your friends to roll it roll it! Grab your comfy shoes and learn some toe-tapping line dances.

SWING DANCE – Get the party started by sliding onto the dance floor and learn some basic energetic and rhythmic Swing Steps!

SCHEDULE FOR JUN 9TH – JUL 31ST

**No classes July 4 (Independence Day)*