

GROUP FITNESS SCHEDULE

Spring 2024
January 16th-May 3rd

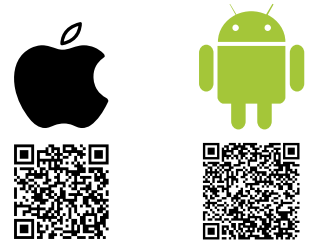
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUNRISE YOGA 6:30-7:30 w/ Karolina	SUNRISE YOGA 6:30-7:30 w/ Avery	SUNRISE YOGA 6:30-7:30 w/ Karolina		
MORNING CYCLE 6:30-7:30 w/ Grace	MORNING CYCLE 6:30-7:30 w/ Makayla	MORNING CYCLE 6:30-7:30 w/ Grace	Morning Cycle 6:30-7:30 w/ Sam & Danielle	MORNING CYCLE 6:30-7:30 w/ Sage	MORNING CYCLE 9:15-10:15 w/ Rotating Instructor
KNOCKOUT CARDIO 7-7:40 w/ Shay	TOTAL BODY TRAINING 7:30-8:20 w/ Katy	TOTAL BODY TRAINING 7:30-8:20 w/ Katy			
MORNING CYCLE 7:45-8:45 w/ Sage		MORNING CYCLE 7:45-8:45 w/ Sam	MORNING CYCLE 8:00-9:00 w/ Macei		
	MORNING CYCLE 8:00-9:00 w/ Macei			Pilates 10-11 w/ Banaz	
	Pilates 9:30-10:30 w/ Banaz	CYCLE & TONE 12:10-1:00 w/ Brooke			
FAC/STAFF FITNESS 12:10-1:00 w/ Jacob		FAC/STAFF FITNESS 12:10-1:00 w/ Kevin		FAC/STAFF FITNESS 12:10-1:00 w/ Makayla	SUNDAY
	TOTAL BODY TRAINING 1:00-2:00 w/ Kevin		TOTAL BODY TRAINING 1:00-2:00 w/ Kevin & Kaylee		
AWESOME ABS 5-5:50 w/ Shay					
Vinyasa YOGA 5-6 w/ Avery	EVENING CYCLE 5:30-6:30 w/ Rotating Instructor	EVENING CYCLE 5:30-6:30 w/ Macei	EVENING CYCLE 5:30-6:30 w/ Hannah		ZUMBA® 4:00-5:00 w/ Peyton & Matalin
EVENING CYCLE 5:30-6:30 w/ Hannah & Danielle		TOTAL BODY TRAINING 6:00-6:50 w/ Peyton	AWESOME ABS 6:00-6:45 w/ Ellery	ZUMBA® 6:00-7:00 w/ Peyton, Matalin, & Megan	
ZUMBA® 6:00-7:00 w/ Peyton & Megan		WATER WORKOUT 6:00-7:00 w/ Ellery & Kaylee			
Water Workout 6:00-7:00 w/ Ellery		EVENING CYCLE 7:00-8:00 w/ Makayla			
EVENING CYCLE 6:45-7:45 w/ Annie & Kaylee		BOGAFIT 7:30-8:15 w/ Sage		BOGAFIT 7:30-8:15 w/ Sage	
BOGAFIT 7:30-8:15 w/ Sam & Kareem					

- Group Exercise Studio (2nd Floor)
- Cycle Studio (2nd Floor)
- Fitness Studio (3rd Floor)
- Elevation Studio (3rd Floor)
- Dance Studio (3rd Floor)
- Corbett Pool (in the John Corbett Bldg)

TO REGISTER
Sign up for classes on fitDEGREE by scanning the QR code to download the free UWYO Campus Rec app. See our website for more information. www.uwyo.edu/fitness

Drop in classes are available for UW affiliates or sponsored guests.

NOTE
Class schedule subject to change based on instructor availability. Check the Campus Rec App for the most current offerings.



GROUP FITNESS SCHEDULE

Spring 2024

January 26-May 3

Strength & Conditioning Classes:

- Awesome Abs: This class focuses on core movements, both isolated and dynamic, for strength and performance outcomes.
- Pilates: This class infuses the breath into foundational shapes of Pilates to strengthen the core and sharpen the mind. Work through slow and controlled movements of the arms and legs that challenge the stability of the abdominals to improve posture and overall muscle tone.
- Total Body Training: This class will utilize resistance bands, kettlebells, TRX® suspension trainers, ViPR PRO®, and other fun equipment to provide a very interactive, high-energy strength and conditioning workout to improve overall health and performance. Each instructor has their own special flair so try them all!
- Faculty/Staff Fitness: This is a group fitness class tailored to a slightly older demographic than the typical college age. It gives this population the opportunity to build community support and work toward achieving fitness goals together. Objectives are to improve overall health, increase confidence, learn proper movement mechanics and enjoy this fun and motivating environment.
- Knockout Cardio: Inspired by martial arts, this class will use punching and kicking with music to get the heart pumping for a fun, high-energy class. Learn individual moves and string together combos for a knockout cardio workout. All levels are welcome!

Water-Based Classes-NOW IN CORBETT (Note: patrons of water-based classes should be comfortable in water and will get wet!)

- Water Workout: Exercise performed in water strengthens and tones while helping protect muscles and joints. Water provides a medium of resistance to move against that is both supportive and challenging. This class occurs in semi-shallow water, from 3 ½ - 5 ft deep. Ask for floatation belts if you are uncomfortable treading water.
- Boga Fit: This class is delivered on floating mats in the pool! Make a splash in your fitness routine by completing strength and conditioning movements on the unstable and dynamic surface of a Boga Board! Moderate swimming ability is necessary. Be prepared to work hard, get wet, and have fun!

Cycling Classes:

- Morning/Lunch Break/Evening /Weekend Cycle: Cycling is a great way to enjoy an exercise session with friends, increase your cardiorespiratory fitness level, and burn calories at the same time. Come and enjoy the ride!
- Cycle & Tone: This class blends sets of cycling (rolling hills, sprints, Tabata sets, standing climbs, etc.) with strength sets using body weight (planks, pushups, squats, lunges, etc.) and some equipment (dumbbells, medicine balls, etc.). It offers a nice combo of aerobic conditioning with some strength training to improve both strength and cardiovascular fitness.

Dance Classes:

- Zumba®: Zumba® classes combine various Latin music and dance styles to create a dynamic and playful fitness party for people of all levels. Once the rhythms take over, you'll see why Zumba® is like a workout in disguise leaving you feeling tired but also energized and happy!

Yoga Classes:

- Sunrise Yoga: Begin your morning with a Hatha-Vinyasa style yoga practice. Incorporating breath control and meditation, this class will gradually awaken the body and mind, finding movement to a slightly slower-paced vinyasa flow. This well-balanced practice can help regulate the nervous system, helping you feel revitalized and ready for your day. Many modifications and variations to poses will be offered, welcoming new and long-time practitioners of yoga alike.
- Vinyasa Yoga: This all-levels yoga class focuses on flow; becoming aware of breath and using the breath as a connection between movement and poses in a flowing sequence. Nyasa means "to place," while the English translation of vi means "in a special, or sacred way." We'll build on foundational postures, create space for introspection, expression, and fun. This class is approachable to all who have an interest in yoga.