

GROUP FITNESS SCHEDULE

Summer 2025

May 27 - August 15

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MORNING CYCLE
7:15-8:15 w/ Sage

SUNRISE YOGA
7:15-8:15 w/ Mandy

MORNING CYCLE
7:15-8:15 w/ Sage

SUNRISE YOGA
7:15-8:15 w/ Karolina & Carly

SUNRISE YOGA
7:15-8:15 w/ Mandy

SUNRISE YOGA
7:15-8:15 w/ Mandy

Faculty/Staff Fitness
12:10-1 w/ Nick

TOTAL BODY TRAINING
12-1 w/ Nick & Kevin

Faculty/Staff Fitness
12:10-1 w/ Nick

TOTAL BODY TRAINING
12-1 w/ Nick & Kevin

Half Acre
Closed weekends

SUNDAY

**Note: Class offerings each week may vary due to instructor availability.
Check the Campus Rec App for the most current offerings.**

YIN YOGA
5:45-6:45 w/ Ellery

VINYASA YOGA
5:15-6:15 w/ Karolina & Carly

WATER WORKOUT
5-6 w/ Sage

MAT PILATES
6-7 w/ Banaz

TOTAL BODY TRAINING
4:45-5:45 w/ Sage

Lindy Hop!
6-7 w/ Kevin & Beth

Half Acre
Closed weekends

- Functional Fitness Space (1st Floor)
- Group Exercise Studio (2nd Floor)
- Cycle Studio (2nd Floor)
- Fitness Studio (3rd Floor)
- Elevation Studio (3rd Floor)
- Dance Studio (3rd Floor)
- Corbett Pool (in Corbett Bldg)

TO REGISTER - It's FREE!

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.



Campus Recreation
Fitness

GROUP FITNESS SCHEDULE

Summer 2025

May 27 - August 15

Strength & Conditioning Classes:

- 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.
- Mat 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.

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.

Cycling Classes:

- Morning 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!

Dance Classes:

- Lindy Hop! This is a partner-based social dance class that teaches the fundamentals of Lindy Hop, a historical jazz swing dance from the 1930's. Attending with a partner is not required - the practice of rotating partners will be implemented to give everyone the chance to practice the skills of leading and following.

Yoga Classes:

- Sunrise & Vinyasa Yoga: This is a Hatha-Vinyasa style yoga class. 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.
- Yin Yoga: Yin is a meditative, grounding, and cooling practice. Poses are passively held for longer (anywhere from 3-6 minutes), creating more physical and energetic space by working into the deep, connective tissues and joints in the body. This practice can help increase flexibility and circulation, emotional awareness and regulation, and reduce stress and anxiety. Yin yoga contrasts and complements other forms of yoga such as Vinyasa yoga.