

# Group Fitness Schedule **SUMMER, 2018**

## KEY

<b>G</b>	Group Exercise Studio
<b>C</b>	Cycling Studio
<b>F</b>	Fitness Studio
<b>D</b>	Dance Studio
<b>P</b>	Corbett Pool
<b>H</b>	Half Acre Pool

## INFO

**Class Schedule is Subject to Change**  
 Schedule effective May 21<sup>st</sup>- August 17<sup>th</sup>  
**NO CLASSES:** May 28<sup>th</sup> and July 4<sup>th</sup> & 5<sup>th</sup>  
 No Formal Coached Lap Swim or Water Workout  
 Sign up for classes in advance using our NEW Wyoming Campus Rec App! It's free and easy to use! See website for more information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>morning</i>	<b>MORNING CYCLE <b>C</b></b> 6:30-7:30am w/Kerry & Tailor	<b>MORNING CYCLE <b>C</b></b> 6:10-7:00am w/ Kate & Christine B.  <b>PIYO* <b>F</b></b> 7:00-8:00 am w/ Sam *Starts July 10 <sup>th</sup>	<b>MORNING CYCLE <b>C</b></b> 6:30-7:30am w/Kerry & Tailor	<b>MORNING CYCLE <b>C</b></b> 6:10-7:00am w/Kate & Christine B.  <b>PIYO* <b>F</b></b> 7:00-8:00 am w/ Sam *Starts July 5 <sup>th</sup>	<b>MORNING CYCLE <b>C</b></b> 6:30-7:30am w/Kerry & Tailor	NO CLASSES
<i>afternoon</i>	<b>SIX PACK ATTACK <b>F</b></b> 12:00-12:30 pm w/ Brandon	<b>HIIT 30 <b>G</b></b> 12:00pm-12:30pm w/Alma	<b>SIX PACK ATTACK <b>F</b></b> 12:00-12:30 pm w/ Brandon	<b>HIIT 30 <b>G</b></b> 12:00pm-12:30pm w/ Alma	<b>SIX PACK ATTACK <b>F</b></b> 12:00-12:40 pm w/ Alma	NO CLASSES
<i>evening</i>	<b>MUSCLE FIRE <b>G</b></b> 4:45-5:45 pm w/ Lauren & Meri  <b>VINYASA FLOW <b>F</b></b> 6:00-7:00 pm w/ Sam *Starts July 9 <sup>th</sup>  <b>ZUMBA® <b>G</b></b> 6:15-7:15pm w/Karina	<b>BOOTCAMP <b>G</b></b> 5:00-6:00 pm w/Brandon, Amanda V. & Meri  <b>PILATES BARRE* <b>F</b></b> 6:00-7:00pm w/Amanda *Ends June 26 <sup>th</sup>  <b>ZUMBA®** <b>G</b></b> 6:15-7:15pm w/Alexia *End June 26 <sup>th</sup>  <b>EVENING CYCLE <b>C</b></b> 6:30-7:30pm w/Claire & Bailie	<b>MUSCLE FIRE <b>G</b></b> 4:45-5:45 pm w/Lauren & Amanda V.  <b>VINYASA FLOW <b>F</b></b> 6:00-7:00 pm w/ Sam *Starts July 11 <sup>th</sup>  <b>STRONG by ZUMBA® <b>G</b></b> 6:15-7:15pm w/Karina	<b>BOOTCAMP <b>G</b></b> 5:00-6:00 pm w/Brandon  <b>PILATES BARRE* <b>F</b></b> 6:00-7:00pm w/Amanda *Ends June 28 <sup>th</sup>  <b>ZUMBA®** <b>G</b></b> 6:15-7:15pm w/Alexia *Ends June 28 <sup>th</sup>  <b>EVENING CYCLE <b>C</b></b> 6:30-7:30 pm w/Claire & Bailie	<b>ZUMBA® <b>G</b></b> 6:15-7:15pm w/Karina	NO CLASSES
	<b>SUNDAY</b>					NO CLASSES

# Group Fitness Schedule SUMMER, 2018

**Boot Camp:** A creative interval cardio class designed using bodyweight for sculpting and cardio drills for conditioning. This class promotes fat loss and muscle toning.

**HIIT 30:** “High Intensity Interval Training” is a short and sweet training method that is sure to bust ANY plateau!

**Morning/Evening Cycling:** Choose from a variety of indoor cycling classes as instructors add their own flare to classes. Cycling is a great cardio and strength combination!

**Muscle Fire:** An action-packed class filled with the excitement of plyometric drills along with tough intervals of strength, power, resistance, and core training moves. This class will provide the finishing touches on muscle toning!

**Pilates Barre:** A high intensity workout to music combining Pilates movement principles, barre and center floor sequences. This class emphasizes precision and form, contributing to a stronger body and a more focused mind. Pilates Barre provides variety to any cross training and is appropriate for all fitness levels.

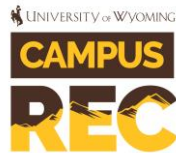
**PiYo®:** PiYo combines the muscle-sculpting, core strengthening benefits of Pilates with the strength and flexibility advantages of yoga.

**Six Pack Attack:** A challenging and energetic 30 minute workout that effectively strengthens and sculpts core muscles.

**Vinyasa Flow:** Yoga is an ancient natural method for achieving and maintaining physical, mental and emotional health. Benefits include stress release, body strength, weight control, improved body alignment and flexibility and better concentration.

**Zumba®:** Zumba comes from the Colombian word meaning “to move fast and have fun.” This high energy class combines Latin dance moves with aerobic activities to ensure a great workout and a great time.

Download the NEW Wyoming Campus Recreation App to sign up for classes and stay up to date with the fitness program!



[www.uwyo.edu/rec/group-fitness](http://www.uwyo.edu/rec/group-fitness)