

Group Fitness Schedule FALL, 2018

KEY

G	Group Exercise Studio
C	Cycling Studio
F	Fitness Studio
D	Dance Studio
H	Half Acre Pool

INFO

Class Schedule is Subject to Change

Schedule effective August 29th—December 9th

Separate schedule for Finals Week December 10-18th

NO CLASSES: September 3rd, November 21nd-25th

Half Acre closes **30 minutes** prior to kick-off on Saturday home football games. See website for exact dates and times.

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 9am-5pm
morning	SUNRISE YOGA D 6:30-7:30am w/Karolina	SUNRISE YOGA D 6:30-7:30am w/Sam	SUNRISE YOGA D 6:30-7:30am w/Karolina	SUNRISE YOGA D 6:30-7:30am w/Sam	HIIT 40 G 7:00-7:40am w/Alma	
	MORNING CYCLE C 6:30-7:30am w/ Calli	MORNING CYCLE C 6:30-7:30am w/Kat	MORNING CYCLE C 6:30-7:30am w/ Calli	MORNING CYCLE C 6:30-7:30am w/Kat	5K FINISHER F 6:30-7:30am w/Meri	WEEKEND CYCLE C 10:00-11:00am w/Kate
afternoon	PIYO G 6:45-7:45am w/Sam	BOGAFIT H 7:15-8:15am w/Maggie	PIYO G 6:45-7:45am w/Sam	BOGAFIT H 7:15-8:15am w/Maggie		
	DANCE FITNESS F 12:10-1:00pm w/Charly	HIIT 40 G 11:00-11:40am w/Avery	DANCE FITNESS F 12:10-1:00pm w/Charly	HIIT 40 G 11:00-11:40am w/Avery	DANCE FITNESS F 12:10-1:00pm w/Charly	ZUMBA G 12:00-1:00pm w/Troy
evening	TABATA 40 G 4:50-5:30pm w/Allece	LUNCH BREAK CYCLE C 12:10-1:00pm w/ Calli	TABATA 40 G 4:50-5:30pm w/Allece	LUNCH BREAK CYCLE C 12:10-1:00pm w/Calli	WATER WORKOUT H 12:10-12:40pm w/Anna	MUSCLE FIRE G 1:15-2:15pm w/ Amanda
	5K FINISHER F 5:15-6:15pm w/Meri	SIX PACK ATTACK G 12:10-12:40pm w/Anna	5K FINISHER F 5:15-6:15pm w/Meri	SIX PACK ATTACK G 12:10-12:40pm w/Anna	WATER WORKOUT H 12:10-12:50pm w/Maeve & Hannah	SUNDAY 12-8pm
	SIX PACK ATTACK G 5:45-6:15pm w/Alma	BOOTCAMP G 5:00-6:00pm w/Lauren	SIX PACK ATTACK G 5:45-6:15pm w/Alma	BOOTCAMP G 5:00-6:00pm w/Lauren	STRONG by ZUMBA G 1:30-2:30pm w/Karina	STRONG by ZUMBA G 1:30-2:30pm w/Karina
	PILATES BARRE D 6:00-7:10pm w/Amanda	LES MILLS GRIT F 5:10-6:00pm w/Lydia	PILATES BARRE D 6:00-7:10pm w/Amanda	LES MILLS GRIT F 5:10-6:00pm w/Lydia	ZUMBA G 3:00-4:00pm w/ Bella	ZUMBA G 3:00-4:00pm w/ Bella
	ZUMBA G 6:30-7:30pm w/Karina	EVENING CYCLE C 5:10-6:10pm w/Christine	ZUMBA G 6:30-7:30pm w/ Karina	EVENING CYCLE C 5:10-6:10pm w/Christine	RESTORATIVE YOGA F 6:30-7:30pm w/Karolina	RESTORATIVE YOGA F 6:30-7:30pm w/Karolina
	BOGAFIT H 6:30-7:30pm w/Ashley	POWER YOGA F 6:15-7:15pm w/Sofia & Lauren	BOGAFIT H 6:30-7:30pm w/Loren	POWER YOGA F 6:15-7:15pm w/Sofia & Lauren	ZUMBA G 6:30-7:30pm w/Karina	
	BOGAFIT H 7:40-8:30pm w/Bailey	ZUMBA G 6:15-7:15pm w/Troy	BOGAFIT H 7:40-8:30pm w/Bailey	ZUMBA G 6:15-7:15pm w/Charly		
	RESTORATIVE YOGA F 7:45-8:45pm w/Sofia & Lauren	BOGAFIT H 6:30-7:30pm w/Amanda	ZUMBA G 7:45-8:45pm w/ Bella	BOGAFIT H 6:30-7:30pm w/Ashley		
	EVENING CYCLE C 8:00-9:00pm w/Bailie	BOGAFIT H 7:40-8:30pm w/Tom	VINYASA FLOW F 7:45-8:45pm w/Sofia & Lauren	BOGAFIT H 7:40-8:30pm w/Tom		
		SIX PACK ATTACK G 7:30-8:00pm w/Amanda	EVENING CYCLE C 8:00-9:00pm w/Bailie	SIX PACK ATTACK G 7:30-8:00pm w/Amanda		
		VINYASA FLOW F 7:30-8:30pm w/ Emily		VINYASA FLOW F 7:30-8:30pm w/ Lauren		





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

BogaFIT: NEW FORMAT!! Fitness classes offered on floating mats in the pool. Make a splash in your fitness routine with various class types including HIIT, Pilates, core and more!

Cyclervals: Studies have shown that interval training — bursts of harder effort with rest periods in between — is one of the most efficient ways to build cycling fitness. This class is built for beginners all the way to 'serious' cyclists.

5K Finisher: A NEW class designed to help new and seasoned runners prep and train for a 5K. Join us as we prep for the Exercise is Medicine Family Weekend 5K on September 29th and beyond!

HIIT 40: "High Intensity Interval Training" is a short and sweet training method that is sure to bust ANY plateau!

LES MILLS GRIT™: A high intensity interval training (HIIT) workout designed to improve strength and build strength and lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups!

Morning/Evening/Lunch Break 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®: It's about energy, power, and rhythm. Think increased overall core strength and greater stability in this combination of yoga and Pilates class. This is NOT the average mind body experience!

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

Power Yoga: Utilizing the breath to movement flows of vinyasa-style, power yoga is a vigorous, fitness-based approach. This flow class emphasizes strength and flexibility in the body to provide participants with a more traditional western workout. Be prepared to work hard!

Restorative Yoga: A relaxing form of yoga that involves deep stretches and props. This class aligns physical and mental stillness.

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

Strong by Zumba®: A high intensity interval training class using more traditional fitness moves for a more athletic conditioning-style workout. By using body weight as resistance, participants achieve muscle definition and have fun in the process.

Sunrise Yoga: Start the morning with a healthy dose of yoga. This class is designed to energize the day and allow participants to carry peace and contentment wherever they go.

Tabata 40: The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 40 minute class.

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.

Water Workout: This water aerobics class offers low impact with high results. If rehabilitation is the goal, water resistance strengthens and tones while helping protect muscles and joints; no swimming experience necessary.

Yoga Nidra: A guided meditation that requires total mental focus and helps decrease tension and stress. This is the perfect class for winding down at the end of the day.

Yoga for Athletes: A vinyasa yoga class designed for active individuals to stretch tight muscles and aching joints. It is a fun, vigorous flow that will provide excellent crosstraining to help participants gear up for their next athletic event.

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.

www.uwyo.edu/rec/group-fitness