# Recreational Fitness Schedule

**SUMMER 2019**

### Group Fitness Schedule

**MONDAY**
- **MORNING CYCLE** 6:30-7:30am w/ Calli & Caitlyn
- **SUNRISE YOGA** 7:00-8:00am w/ Sam
- **SIX PACK ATTACK** 12:10-12:40pm w/ Carissa
- **EVENING CYCLE** 5:30-6:30pm w/ Bailie
- **ZUMBA®** 6:15-7:15pm w/ Karina
- **PILATES BARRE** 6:30-7:40pm w/ Amanda
- **WATER WORKOUT™** 11:00am-12:00pm w/ Hannah W. (*Ends July 16th*)
- **HIIT 40** 12:10pm-12:50pm w/ Brittnay
- **SIX PACK ATTACK** 12:10-12:40pm w/ Carissa

**TUESDAY**
- **MORNING CYCLE** 6:30-7:30am w/ Calli & Caitlyn
- **SUNRISE YOGA** 7:00-8:00am w/ Karolina, Sam & Ross
- **MUSCLE FIRE** 6:00-6:00pm w/ Amanda & Dax
- **ZUMBA®** 6:30-7:30pm w/ Troy
- **BOGA FLOW™** 6:30-7:30pm w/ Ashley (*Ends July 16th*)
- **HIIT 40** 12:10pm-12:50pm w/ Halee
- **SIX PACK ATTACK** 12:10-12:40pm w/ Carissa

**WEDNESDAY**
- **MORNING CYCLE** 6:30-7:30am w/ Calli & Caitlyn
- **SUNRISE YOGA** 7:00-8:00am w/ Karolina, Sam & Ross
- **MUSCLE FIRE** 6:00-6:00pm w/ Amanda & Dax
- **ZUMBA®** 6:30-7:30pm w/ Tom & Dax (*Ends July 17th*)
- **PILATES BARRE** 6:30-7:40pm w/ Amanda

**THURSDAY**
- **MORNING CYCLE** 6:30-7:30am w/ Calli & Caitlyn
- **SUNRISE YOGA** 7:00-8:00am w/ Karolina, Sam & Ross
- **WATER WORKOUT™** 11:00am-12:00pm w/ Hannah W. (*Ends July 18th*)
- **HIIT 40** 12:10pm-12:50pm w/ Halee
- **SIX PACK ATTACK** 12:10-12:40pm w/ Carissa

**FRIDAY**
- **HIIT 40** 6:45-7:25am w/ Halee

**SATURDAY**
- CLOSED

**SUNDAY**
- CLOSED

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**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:** May 28th - August 16th
- **NO CLASSES:** July 4th & 5th
- **Half Acre Pool will be closed for campus wide steam shutdown July 22nd - August 23rd.**
- **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.**

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#RecreationAtElevation
BogaFIT: NEW FORMAT!! Fitness classes offered on floating mats in the pool. Make a splash in your fitness routine with various class types including Boga Flow, Boga HIIT, and Boga Bootcamp; swimming experience recommended.

HIIT 40: “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!

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

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.

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.

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.

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, or sign up online at https://app.fitdegree.com/