## Group Fitness Schedule

### Spring, 2021

**Key**
- **H1**: Historic Gym-East (2nd floor)
- **H2**: Historic Gym-West (2nd floor)
- **LO**: Live Online
- **G**: Group Exercise Studio-2nd Floor

### Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Cycle</th>
<th>Lunch Break Cycle</th>
<th>Noon Cycle</th>
<th>Evening Cycle</th>
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<tbody>
<tr>
<td><strong>Monday</strong> (7:30am-8pm)</td>
<td>Morning Cycle H1 7:40-8:30 w/ Erin &amp; Ashley</td>
<td>Lunch Break Cycle H1 12-1 w/ Emily B</td>
<td>HiIT 40 H2 5-5:40 w/ Isaiah &amp; Bailee B</td>
<td>Evening Cycle H1 7:15-7:30 w/ Abi</td>
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<td><strong>Tuesday</strong> (7:30am-8pm)</td>
<td>Sunrise Yoga G 7:40-8:30 w/ Karson</td>
<td>Six Pack Attack H1 7:45-8:30 w/ Paige, Anya &amp; Makyela</td>
<td>ViPR PRO® Training Camp H2 12-1 w/ Kevin &amp; Sam</td>
<td>Zumba® G 1-2 w/ Emily A</td>
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<td><strong>Wednesday</strong> (7:30am-8pm)</td>
<td>Morning Cycle H1 7:40-8:30 w/ Abi &amp; Bailee B</td>
<td>HiIT 40 H2 9-9:40 w/ Kevin &amp; Bailee W</td>
<td>Zumba® H1 1-2 w/ Emily B</td>
<td>Evening Cycle H1 7-7:30 w/ Sydney &amp; Bailee W</td>
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<td><strong>Thursday</strong> (7:30am-8pm)</td>
<td>Sunrise Yoga G 7:40-8:40 w/ Karson</td>
<td>Six Pack Attack H1 7:45-8:30 w/ Paige, Anya, &amp; Makyela</td>
<td>Lunch Break Cycle H2 12-1 w/ Emily B</td>
<td>HiIT 40 H2 5-5:40 w/ Isaiah &amp; Bailee B</td>
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<tr>
<td><strong>Friday</strong> (7:30am-8pm)</td>
<td>Morning Cycle H1 7:40-8:30 w/ Erin &amp; Ashley</td>
<td>Lunch Break Cycle H1 12-1 w/ Emily B</td>
<td>HiIT 40 H2 5-5:40 w/ Isaiah &amp; Bailee B</td>
<td>Evening Cycle H1 6-7 w/ Bailey A &amp; Ashley</td>
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<td><strong>Saturday</strong> (10am-3pm)</td>
<td>Bootcamp H2 10:15-11:15 w/ Dax &amp; Sam</td>
<td>Lunch Break Cycle H1 1-2 w/ Erin</td>
<td>Zumba® H1 6:30-7:30 w/ Karina</td>
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<tr>
<td><strong>Sunday</strong> (12:00-5pm)</td>
<td>Weekend Cycle H1 12:15-1:15 w/ Sydney</td>
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### Info

- Class Schedule is Subject to Change
- Schedule Effective: Feb 1 – March 30
- *No classes Feb 15*
- Sign up for classes and stay informed by using fitDEGREE, our Fitness Scheduling App! It’s free and easy to use! See our website for more information. www.uwyo.edu/fitness

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#RecreationAtElevation #UWYOCampusRec #SomethingForEveryone
Yoga Classes

Sunrise Yoga: Meaningful movements can wake you up and get you going and flowing into the rest of your day. This class will combine both energizing and restful practices to prepare the body for a busy day. Sunrise Yoga will help you find peace, have strength from within, and revitalize yourself to bring balance back into your life again. Suitable for all levels of yoga experience, from beginners to advanced.

Vinyasa Yoga: This all-levels class focuses on Vinyasa Yoga asana, linking breath to movement. By focusing on foundational postures and movements as well as leaving space for creativity and fun, this class can be approached by anyone with an interest in yoga.

Strength and Conditioning Classes

HIIT 40: High Intensity Interval Training (HIIT) has been shown to increase aerobic and anaerobic performance, promote fat loss, and improve metabolic conditioning. These 40-minute sessions are perfect for those looking to improve their fitness with a short time commitment. Tap into the power of these short-and-sweet workouts!

Six Pack Attack: Incorporating some full body dynamic movements with some specific core-blasting exercises, this 30-45 minute class will leave you feeling like you got your workout in!

Bootcamp: A more intense cardio-interval class employing mostly dynamic bodyweight movements, this class is designed to promote fat loss, tone muscle, and improve cardiorespiratory fitness.

ViPR PRO® Training Camp: Life and sport requires whole body strength, resiliency and athleticism in odd positions. This class employs ViPR PRO®, a cutting-edge piece of fitness equipment that will have you training and moving like a PRO! Discover loaded movement training and tap into your full athletic potential!

Cycling Classes

Morning/Evening/Lunch Break/Weekend Cycling: Choose from a variety of indoor cycling classes as instructors add their own music and personal flare to each class. Cycling is a great way to enjoy an exercise session with friends, increase your cardiorespiratory fitness level and burn calories at the same time!

Dance Classes

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. Follow along with your instructor as they lead you through fun choreographies.

Water-based Classes (Currently not offered)

Use our Fitness Class App!
To Sign Up: use fitDEGREE, our Fitness Class App!
Search for “University of Wyoming Campus Rec” on the App Store or Google Play Store.
Stay up to date with class changes, new events, and invite friends to join you for a workout!

Want to sign up using your computer instead? Visit https://app.fitdegree.com/

www.uwyo.edu/rec/group-fitness