

Group Fitness Schedule FALL 2017

KEY

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

INFO

Class Schedule is Subject to Change

Schedule effective August 30th—December 10th

Separate schedule for Finals Week December 11-19th

NO CLASSES: September 4th, November 22nd-26th

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 MORNING CYCLE C 6:30-7:30am w/Kate HIIT 30 G 7:30-8:00am w/Lauren S.	SUNRISE YOGA D 6:30-7:30am w/Karissa MORNING CYCLE C 6:30-7:30am w/Kerry HIIT 40 G 6:30-7:10am w/Allece	SUNRISE YOGA D 6:30-7:30am w/Karolina MORNING CYCLE C 6:30-7:30am w/Kate HIIT 30 G 7:30-8:00am w/Lauren S.	SUNRISE YOGA D 6:30-7:30am w/Karissa MORNING CYCLE C 6:30-7:30am w/Kerry HIIT 40 G 6:30-7:10am w/Libby	SUNRISE YOGA D 6:30-7:30am w/Ashley HIIT 40 G 7:00-7:40am w/Alma RESTORATIVE YOGA F 8:00-9:00am w/Karissa	WEEKEND CYCLE C 10:00-11:00am w/Kate ZUMBA® G 12:00-1:00pm w/Alexia MUSCLE FIRE G 1:15-2:15pm w/ Anna SIX PACK ATTACK F 2:15-2:45pm w/Amanda
	ZUMBA® G 12:10-1:00pm w/Melissa LUNCH BREAK CYCLE C 12:10-1:00pm w/Zoë	SIX PACK ATTACK G 12:45-1:15pm w/Anna	ZUMBA® G 12:10-1:00pm w/Melissa LUNCH BREAK CYCLE C 12:10-1:00pm w/Zoë	SIX PACK ATTACK G 12:45-1:15pm w/Anna	CYCLERVALS C 12:10-1:00pm w/Kerry	
afternoon	MUSCLE FIRE G 4:30-5:30pm w/Lauren E. TABATA 40 G 5:40-6:20pm w/Avery SPINSANITY C 6:15-7:15pm w/Andie ZUMBA® G 6:30-7:30pm w/Karina VINYASA FLOW F 7:30-8:30pm w/Emily	BOOTCAMP G 4:15-5:15pm w/Brandon EVENING CYCLE C 5:10-6:00pm w/Zoë PILATES BARRE F 5:10-6:10pm w/Amanda SIX PACK ATTACK G 5:30-6:00pm w/Alma URBANKICK® F 6:15-7:15pm w/Andie ZUMBA® G 6:15-7:15pm w/Keegan VINYASA FLOW F 7:30-8:30pm w/Quinn	MUSCLE FIRE G 4:30-5:30pm w/Lauren E. TABATA 40 G 5:40-6:20pm w/Avery SPINSANITY C 6:15-7:15pm w/Andie STRONG by ZUMBA® G 6:30-7:30pm w/ Karina & Keegan ZUMBA® G 7:45-8:45pm w/Alexia VINYASA FLOW F 7:30-8:30pm w/Emily	BOOTCAMP G 4:15-5:15pm w/Brandon EVENING CYCLE C 5:10-6:00pm w/Libby PILATES BARRE F 5:10-6:10pm w/Amanda SIX PACK ATTACK G 5:30-6:00pm w/Alma ZUMBA® G 6:15-7:15pm w/Keegan VINYASA FLOW F 7:30-8:30pm w/Quinn	ZUMBA® G 6:30-7:30pm w/Karina	
	WATER WORKOUT H 12:10-12:50pm COACHED LAP SWIM P 6:00-7:00pm	WATER WORKOUT H 12:10-12:50pm COACHED LAP SWIM P 6:00-7:00pm	WATER WORKOUT H 12:10-12:50pm COACHED LAP SWIM P 6:00-7:00pm	WATER WORKOUT H 12:10-12:50pm COACHED LAP SWIM P 6:00-7:00pm	WATER WORKOUT H 12:10-12:50pm	
evening						SUNDAY 12-8pm BOOTCAMP G 12:15-1:15pm w/Allece & Libby STRONG by ZUMBA® G 1:30-2:30pm w/Karina & Keegan RESTORATIVE YOGA F 6:00-7:00pm w/Karolina
swim						

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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.

Coached Lap Swim: Lap swimming is open to intermediate level swimmers or higher. Trained coaches on deck will help with technique and provide workouts and tips.

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.

HIIT 30/40: “High Intensity Interval Training” is a short and sweet training method that is sure to bust ANY plateau! This semester, choose from a 30 or 40 minute workout.

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.

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.

Spinsanity: An intense indoor cycling class that encourages participants to bike to the beat while pushing their limits!

Strong by Zumba®: NEW!! 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 35 minute class.

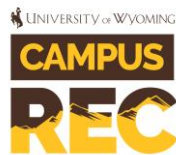
Urban Kick®: An innovative, exciting and athletic format that takes a sports conditioning approach. By combining punch and kick sequences with H.I.I.T. drills, UrbanKick challenges the body in all planes of motion so participants are constantly developing strength, agility, flexibility and balance.

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.

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