<table>
<thead>
<tr>
<th>DAY</th>
<th>MORNING CYCLE</th>
<th>EVENING CYCLE</th>
<th>WATER WORKOUT</th>
<th>LUNCH BREAK CYCLE</th>
<th>MUSCLE FIRE</th>
<th>ZUMBA®</th>
<th>VINYASA FLOW</th>
<th>DANCE FITNESS</th>
<th>STRONG by ZUMBA®</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>6:30-7:30 w/ Karolina K. &amp; Ross E.</td>
<td>5:30-6:30 w/Lauren S. &amp; Ross E.</td>
<td>6:00-7:00 w/Troy C.</td>
<td>12:10-12:40 w/ Amanda V. &amp; Paige A.</td>
<td>9:15-10:15am w/ Alma B. &amp; Madison B.</td>
<td>2-3pm w/Karina R. &amp; Bella S.</td>
<td>6:30-7:30 w/Karina K. &amp; Ross E.</td>
<td>6:30-7:30 w/ Charly S. &amp; Emily A.</td>
<td>6:00-7:00 w/Troy C.</td>
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Yoga Classes

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

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.

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

Strength and Conditioning Classes

HIIT 40: HIIT stands for High Intensity Interval Training. This is a short and sweet 40 minute class that is sure to bust ANY plateau!

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.

Urban Kick*: Blends cardio kickboxing (punch and kick combos) with sports conditioning athletic drills to create a fun and unique 3-dimensional fitness experience.

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.

Cycling Classes

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 way to increase your cardiorespiratory fitness level and burn calories!

Dance Classes

Dance Fitness: Find your groove in this active and energetic cardio-based class! Follow along to routines with hip hop roots while enjoying some of today's top hits. No prior dance experience needed, just come ready to have fun!

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.

Water-based Classes*

Boga Fit: Fitness classes offered on floating mats in the pool! Make a splash in your fitness routine with various class types including HIIT, Yoga, core training, and more!

Boga Yoga: Everything you love about Yoga, done on a floating Yoga mat! How cool is that?

Boga Fire: Take a Muscle-Fire class and put it on a Boga Board and this is what you get. Who says fire and water don’t mix?

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.

*Note—patrons of water-based classes should be comfortable in water and WILL get wet!

Use our Fitness Class App!

Download “Wyoming Campus Rec” from the App Store or Google Play Store. Stay up to date with class changes, new events, and shout out to your favorite instructor on the FitFeed! Having problems downloading the app on your phone? Sign up for classes from your computer at https://app.fitdegree.com/

www.uwyo.edu/rec/group-fitness