# Group Fitness Schedule

## Summer, 2022
May 23 – Aug 12

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**Note:** Class offerings each week may vary due to instructor vacations. Check the app schedule for the most current offerings.

### KEY
- **G**: Group Exercise Studio (2nd floor)
- **C**: Cycling Studio (2nd floor)
- **F**: Fitness Studio (3rd floor)
- **E**: Elevation Studio (3rd floor)
- **D**: Dance Studio (3rd floor)
- **P**: Half Acre Pool

### INFO
Class Schedule is Subject to Change—Use the Campus Rec App to see available classes!
- 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

Schedule Effective May 23 – Aug 12

*Classes may not occur every day listed due to instructor vacations. Check the app schedule for available daily classes.
*Closed May 30 & July 4

Drop-in classes are available for UW affiliates or sponsored guests.

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### MONDAY (7am-7pm)
- **Morning Cycle** C
  - 7:30-8:30 w/ Emma
- **Lunch Break Cycle** C
  - 12:10-1 w/ Emily
- **Six Pack Attack** F
  - 12:10-12:50 w/ Peyton
- **Summer Strength** G
  - 4-5 w/ Aleksis
  - **Evening Cycle** C
  - 5:30-6:30 w/ Syd

### TUESDAY (7am-7pm)
- **Morning Cycle** C
  - 7:30-8:30 w/ Brooke
- **Strong Cycle** C
  - 12:10-1 w/ Emma & Kevin
  - **TRX® Circuit Training** E
  - 12:10-1 w/ Peyton
- **Six Pack Attack** F
  - 12:10-12:50 w/ Shay & Ellery
- **Vinyasa Yoga** D
  - 5-6 w/ Jennifer
  - **Evening Cycle** C
  - 5:30-6:30 w/ Bailee

### WEDNESDAY (7am-7pm)
- **Sunrise Yoga** D
  - 7:10-8:10am w/ Karolina
  - **Morning Cycle** C
  - 7:30-8:30 w/ Emma
- **Strong Cycle** C
  - 12:10-1 w/ Brooke & Kevin
- **Six Pack Attack** F
  - 12:10-12:50 w/ Shay & Ellery
- **Vinyasa Yoga** D
  - 5-6 w/ Jennifer
  - **Evening Cycle** C
  - 5:30-6:30 w/ Syd

### THURSDAY (7am-7pm)
- **Morning Cycle** C
  - 7:30-8:30 w/ Brooke
- **Strong Cycle** C
  - 12:10-1 w/ Brooke & Kevin
  - **Six Pack Attack** F
  - 12:10-12:50 w/ Shay & Ellery
- **Zumba®** G
  - 4-5 w/ Piper
- **Vinyasa Yoga** D
  - 5-6 w/ Jennifer
  - **Evening Cycle** C
  - 5:30-6:30 w/ Bailee

### FRIDAY (7am-7pm)
- **Morning Cycle** C
  - 7:30-8:30 w/ Brooke
- **Strong Cycle** C
  - 12:10-1 w/ Brooke & Kevin
  - **Six Pack Attack** F
  - 12:10-12:50 w/ Shay & Ellery
- **Zumba®** G
  - 4-5 w/ Piper
- **Vinyasa Yoga** D
  - 5-6 w/ Jennifer
  - **Evening Cycle** C
  - 5:30-6:30 w/ Bailee

### SATURDAY (Closed)

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#RecreationAtElevation #UWYOCampusRec #SomethingForEveryone
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Strength and Conditioning Classes

Summer Strength: This class includes time-based workouts meant to challenge patrons but also allow them to work at their own pace. Each class starts with dynamic stretching meant to help joint mobility and get patrons warmed up for the workout. The workouts are a mix of full body strength and cardio exercises sometimes including balance and coordination. Each class ends with some stretching to cool down and aid in flexibility.

TRX® Circuit Training: Taught in the Elevation Studio, this class will utilize TRX® Suspension Trainers in combination with other equipment to provide a very interactive, high-energy strength and conditioning workout to improve overall health and performance.

Six-Pack Attack: This 40-minute class focuses on core movements, both isolated and dynamic, for strength and performance outcomes.

Cycling Classes

Morning/Lunch Break/Evening Cycle: Cycling is a great way to enjoy an exercise session with friends, increase your cardiorespiratory fitness level and burn calories at the same time. Come enjoy the ride!

Strong Cycle: This class blends sets of cycling (rolling hills, sprints, Tabata sets, standing climbs, etc.) with strength sets using body weight (planks, pushups, squats, lunges, etc.) and some equipment (dumbbells, medicine balls, bands, etc.). It offers a nice combo of aerobic conditioning with muscle-based training to improve both strength and cardiovascular fitness.

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 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.

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 an aerobic and cardio-focused flair to ensure a great workout and a great time. All levels welcome!

Hip Hop! This is a fast-paced and energetic dance style using the latest street/urban dance moves set to hip hop music. Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class is for beginners, specifically focusing on using different elements to develop rhythm and coordination to generate each dancer’s unique voice and style.

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