

Group Fitness Schedule **SPRING 2018**

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 January 22nd—May 4th
 Separate schedule for Finals Week May 7-11th
 NO CLASSES: March 10th—18th
 March 31st – April 1st
 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	SPINSANITY C 6:10-7:00am w/Andie SUNRISE YOGA D 6:30-7:30am w/Karolina HIIT 40 G 6:30-7:10am w/Alma	SUNRISE YOGA D 6:30-7:30am w/ Rotating Instructor MORNING CYCLE C 6:30-7:30am w/Kerry HIIT 30 G 7:00-7:30am w/Lauren S.	SPINSANITY C 6:10-7:00am w/Andie SUNRISE YOGA D 6:30-7:30am w/Karolina HIIT 40 G 6:30-7:10am w/Alma	SUNRISE YOGA D 6:30-7:30am w/ Rotating Instructor MORNING CYCLE C 6:30-7:30am w/Kerry HIIT 30 G 7:00-7:30am w/Lauren S.	HIIT 40 G 7:00-7:40am w/Allece RESTORATIVE YOGA F 8:00-9:00am w/Christine	WEEKEND CYCLE C 10:00-11:00am w/Kate & Claire MUSCLE FIRE G 1:15-2:15pm w/Anna
	SIX PACK ATTACK G 11:30am-12:00pm w/Anna	LUNCH BREAK CYCLE C 12:10-1:00pm w/Zoë	SIX PACK ATTACK G 11:30am-12:00pm w/Anna	LUNCH BREAK CYCLE C 12:10-1:00pm w/Zoë	CYCLERVALS C 12:10-1:00pm w/Kerry	
	SIX PACK ATTACK G 4:30-5:00pm w/Libby EVENING CYCLE C 6:15-7:15pm w/Kate ZUMBA ® G 6:30-7:30pm w/Karina VINYASA FLOW F 7:30-8:30pm w/Christine TABATA 30 G 7:45-8:15pm w/Avery	BOOTCAMP G 4:15-5:15pm w/Brandon SIX PACK ATTACK G 5:30-6:00pm w/Lauren E PILATES BARRE F 6:00-7:00pm w/Amanda SPINSANITY C 6:15-7:15pm w/Andie VINYASA FLOW F 7:30-8:30pm w/Emily	SIX PACK ATTACK G 4:30-5:00pm w/Libby EVENING CYCLE C 6:15-7:15pm w/Claire STRONG by ZUMBA ® G 6:30-7:30pm w/Karina VINYASA FLOW F 7:30-8:30pm w/ Rotating Instructor TABATA 30 G 7:45-8:15pm w/Avery	BOOTCAMP G 4:15-5:15pm w/Brandon SIX PACK ATTACK G 5:30-6:00pm w/Lauren E. PILATES BARRE F 6:00-7:00pm w/Amanda EVENING CYCLE C 6:15-7:15pm w/Kate VINYASA FLOW F 7:30-8:30pm w/Emily	ZUMBA ® G 6:30-7:30pm w/Karina	
WATER WORKOUT H 12:10-12:50pm COACHED LAP SWIM P 6:00-7:00pm	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		
afternoon						
evening						
swim						
						SUNDAY 12-8pm STRONG by ZUMBA ® G 1:30-2:30pm w/Karina RESTORATIVE YOGA F 6:00-7:00pm w/Karolina

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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 30: The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 30 minute class.

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