



Summer 2017 GROUP FITNESS SCHEDULE

KEY

- G Group Exercise Studio
- C Cycling Studio
- F Fitness Studio
- D Dance Studio
- P Corbett Pool

INFO

Class Schedule is Subject to Change

Schedule effective May 22nd--August 18th

NO CLASSES: July 3rd-4th

No Formal Coached Lap Swim or Water Workout



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|--|--|---|--|------------|
| MORNING | MORNING CYCLE C 6:30-7:30am w/Kerry ZUMBA G 12:10-1:00pm w/Melissa *Starts June 12 th | CYCLE EXPRESS C 7:00-7:30am w/Claire HIIT 30 G 7:30-8:00am w/Lauren S. SIX PACK ATTACK G 12:15-12:45pm w/Megan | MORNING CYCLE C 6:30-7:30am w/Kerry ZUMBA G 12:10-1:00pm w/Melissa *Starts June 14 th | CYCLE EXPRESS C 7:00-7:30am w/Claire HIIT 30 G 7:30-8:00am w/Lauren S. | MORNING CYCLE C 6:30-7:30am w/Kate SIX PACK ATTACK G 12:15-12:45pm w/Alma *Starts June 9 th | NO CLASSES |
| AFTERNOON | HIIT 45 G 5:15-6:00pm w/Avery & Alma *Starts June 5 th VINYASA FLOW F 6:00-7:00pm w/Ashley SPINSANITY C 6:00-7:00pm w/Andie ZUMBA G 6:15-7:15pm w/Karina | EVENING CYCLE C 4:30-5:30pm w/Zoë BOOTCAMP G 5:15-6:15pm w/Libby YIN/YANG YOGA F 5:30-6:30pm w/Christine *Starts June 20 th ZUMBA G 6:30-7:30pm w/Keegan & Alexia | URBANKICK G 4:00-5:00pm w/Megan HIIT 45 G 5:15-6:00pm w/Avery & Libby *Starts June 7 th VINYASA FLOW F 6:00-7:00pm w/Ashley SPINSANITY C 6:00-7:00pm w/Andie ZUMBA STRONG G 6:15-7:15pm w/Karina | EVENING CYCLE C 4:30-5:30pm w/Zoë BOOTCAMP G 5:15-6:15pm w/Alma *Starts June 8 th YIN/YANG YOGA F 5:30-6:30pm w/Christine *Starts June 22 nd ZUMBA G 6:30-7:30pm w/Keegan & Alexia | URBANKICK G 5:00-6:00pm w/Andie ZUMBA G 6:15-7:15pm w/Karina | SUNDAY |
| EVENING | | | | | | NO CLASSES |



UNIVERSITY
OF WYOMING

Summer 2017

GROUP FITNESS CLASS DESCRIPTIONS

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.

HIIT 30/45: “High Intensity Interval Training” is a short and sweet training method that is sure to bust ANY plateau! This summer, choose from a 30 or 45 minute workout.

Indoor 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!

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!

Urban Kick®: *NEW!!* 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.

Yin/Yang Yoga: A refreshing balance of action and rest to help refresh and rejuvenate any routine.

Zumba® Strong: *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.

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.

www.uwyo.edu/rec/group-fitness