# Group Fitness Schedule

**Fall, 2021**
**Aug 23-Dec 10**

## KEY

<table>
<thead>
<tr>
<th>G</th>
<th>Group Exercise Studio (2nd floor)</th>
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<tbody>
<tr>
<td>C</td>
<td>Cycling Studio (2nd floor)</td>
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<tr>
<td>F</td>
<td>Fitness Studio (3rd floor)</td>
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<tr>
<td>E</td>
<td>Elevation Studio (3rd floor)</td>
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<tr>
<td>D</td>
<td>Dance Studio (3rd floor)</td>
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<td>P</td>
<td>Half Acre Pool</td>
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</tbody>
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## 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 Aug 23-Dec 10.

Half Acre closes 30-minutes prior to Home Football Games.

*Bootcamp held in 3rd Floor Fitness Studio Sept 7th.

^Yoga classes to begin Sept 1 or later.

## MONDAY (6am-8pm)

- **Morning Cycle**
  - 6:30-7:30 w/ Erin & Annie
- **Lunch Break Cycle**
  - 12:10-1 w/ Abi
  - 12:10-1 w/ Isaiah
- **Faculty/Staff Fitness**
  - 12:10-1 w/ Morgan
  - 12:10-1 w/ Sydney
  - ViPR PRO® Training Camp
  - 12:10-1 w/ Isaiah
  - TRX® Circuit Training
  - 12:10-1 w/ Sydney
- **Restorative Yoga**
  - 5-6 w/ Karolina
  - Evening Cycle
  - 6:30-7:30 w/ Emily B
- **Bootcamp**
  - 6-7 w/ Dax & Emilee R
  - 6:15-7:15pm w/ Ashley & Hunter
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Hunter

## TUESDAY (6am-8pm)

- **Morning Cycle**
  - 6:30-7:30 w/ Erin & Annie
- **Sunrise Yoga**
  - 6:30-7:30 w/ Karolina
- **Lunch Break Cycle**
  - 12:10-1 w/ Morgan
  - 12:10-1 w/ Emily B
- **Faculty/Staff Fitness**
  - 12:10-1 w/ Isaiah
  - TRX® Circuit Training
  - 12:10-1 w/ Kevin & Ashley
- **Bootcamp**
  - 9:15-10:15 w/ Dax & Shay
- **Lindy Hop!**
  - 12:10-1 w/ Kevin & Beth
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Grace

## WEDNESDAY (6am-8pm)

- **Morning Cycle**
  - 6:30-7:30 w/ Erin & Annie
  - Sunrise Yoga
  - 6:30-7:30 w/ Karolina
- **Lunch Break Cycle**
  - 12:10-1 w/ Erin & Annie
  - 12:10-1 w/ Emily B
  - 12:10-1 w/ Morgan & Shay
  - 12:10-1 w/ Kevin & Beth
- **Faculty/Staff Fitness**
  - 12:10-1 w/ Isaiah
  - TRX® Circuit Training
  - 12:10-1 w/ Kevin & Ashley
  - 12:10-1 w/ Sydney
- **Bootcamp**
  - 6-7 w/ Dax & Emilee R
  - 6:15-7:15pm w/ Ashley & Grace
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Hunter

## THURSDAY (6am-8pm)

- **Morning Cycle**
  - 6:30-7:30 w/ Erin & Annie
  - Sunrise Yoga
  - 6:30-7:30 w/ Karolina
- **Lunch Break Cycle**
  - 12:10-1 w/ Erin & Annie
  - 12:10-1 w/ Emily B
  - 12:10-1 w/ Morgan & Shay
  - 12:10-1 w/ Kevin & Beth
- **Faculty/Staff Fitness**
  - 12:10-1 w/ Isaiah
  - TRX® Circuit Training
  - 12:10-1 w/ Kevin & Ashley
  - 12:10-1 w/ Sydney
- **Bootcamp**
  - 6-7 w/ Dax & Emilee R
  - 6:15-7:15pm w/ Ashley & Grace
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Hunter

## FRIDAY (6am-8pm)

- **Morning Cycle**
  - 6:30-7:30 w/ Erin & Annie
  - Sunrise Yoga
  - 6:30-7:30 w/ Karolina
- **Lunch Break Cycle**
  - 12:10-1 w/ Erin & Annie
  - 12:10-1 w/ Emily B
  - 12:10-1 w/ Morgan & Shay
  - 12:10-1 w/ Kevin & Beth
- **Faculty/Staff Fitness**
  - 12:10-1 w/ Isaiah
  - TRX® Circuit Training
  - 12:10-1 w/ Kevin & Ashley
  - 12:10-1 w/ Sydney
- **Bootcamp**
  - 6-7 w/ Dax & Emilee R
  - 6:15-7:15pm w/ Ashley & Grace
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Hunter

## SATURDAY (9am-3pm)

- **Bootcamp**
  - 9:15-10:15 w/ Dax & Shay
- **Lindy Hop!**
  - 12:10-1 w/ Kevin & Beth
- **Evening Cycle**
  - 6:15-7:15pm w/ Ashley & Grace

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#RecreationAtElevation #UWYOCampusRec #SomethingForEveryone

uwyo.edu/rec/group-fitness/schedule.html
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Strength and Conditioning Classes

**Bootcamp:** A more intense cardio-interval class employing mostly dynamic bodyweight movements, this class is designed to promote fat loss, tone muscle, and improve cardiorespiratory fitness.

**ViPR PRO® Training Camp:** Life and sport requires whole body strength, resiliency and athleticism in odd positions. This class employs ViPR PRO®, a cutting-edge piece of fitness equipment that will have you training and moving like a PRO! Discover loaded movement training and tap into your full athletic potential!

**Faculty/Staff Fitness:** This is a group fitness class specifically offered and tailored to Faculty/Staff at UW. It gives this population the opportunity to improve overall health, increase confidence, work toward achieving fitness goals, learn proper movement mechanics and build community support that will serve to enhance their experience in a fun and motivating environment separated from the student body. We aim to create a realistic and lasting passion for health and fitness in adults that can be sustained for the long-term. Our mission is to focus on creating a safe and enjoyable exercise environment for our participants.

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

Dance Classes

**Lindy Hop!** This is a partner-based social dance class that teaches the fundamentals of Lindy Hop, the historical jazz swing dance from the 1920’s. It is being offered to Faculty/Staff in a progressive series of 4 groups of classes. Prior registration is required. Attending with a partner is not required; the practice of rotating partners will be implemented to give everyone the chance to practice the skills of leading and following.

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!

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.

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

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

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