### Group Fitness Schedule

**SPRING 2018**

**MONDAY**
- **SPINSANITY** 6:10-7:00am with Andie
- **SUNRISE YOGA** 6:30-7:30am with Rotating Instructor
- **HIIT 40** 6:30-7:10am with Alma
- **SIX PACK ATTACK** 11:30am-12:00pm with Anna
- **LUNCH BREAK CYCLE** 12:10-1:00pm with Zoë
- **BOOTCAMP** 4:15-5:15pm with Libby
- **EVENING CYCLE** 6:15-7:15pm with Kate
- **ZUMBA®** 6:30-7:30pm with Karina
- **VINYASA FLOW** 7:30-8:30pm with Christine
- **TABATA 30** 7:45-8:15pm with Avery

**TUESDAY**
- **SPINSANITY** 6:10-7:00am with Andie
- **SUNRISE YOGA** 6:30-7:30am with Rotating Instructor
- **MORNING CYCLE** 6:30-7:30am with Karolina
- **HIIT 40** 6:30-7:10am with Alma
- **SIX PACK ATTACK** 11:30am-12:00pm with Anna
- **LUNCH BREAK CYCLE** 12:10-1:00pm with Zoë
- **BOOTCAMP** 4:15-5:15pm with Brandon
- **SIX PACK ATTACK** 5:30-6:00pm with Lauren E.
- **PILATES BARRE** 6:00-7:00pm with Lauren E.
- **SPINSANITY** 6:15-7:15pm with Andie
- **VINYASA FLOW** 7:30-8:30pm with Emily

**WEDNESDAY**
- **SPINSANITY** 6:10-7:00am with Andie
- **SUNRISE YOGA** 6:30-7:30am with Rotating Instructor
- **MORNING CYCLE** 6:30-7:30am with Karolina
- **HIIT 40** 6:30-7:10am with Alma
- **SIX PACK ATTACK** 11:30am-12:00pm with Anna
- **LUNCH BREAK CYCLE** 12:10-1:00pm with Zoë
- **BOOTCAMP** 4:30-5:00pm with Libby
- **SIX PACK ATTACK** 5:30-6:00pm with Lauren E.
- **STRONG by ZUMBA®** 6:30-7:30pm with Karina
- **VINYASA FLOW** 7:30-8:30pm with Rotating Instructor
- **TABATA 30** 7:45-8:15pm with Avery

**THURSDAY**
- **SPINSANITY** 6:10-7:00am with Andie
- **SUNRISE YOGA** 6:30-7:30am with Rotating Instructor
- **MORNING CYCLE** 6:30-7:30am with Karolina
- **HIIT 40** 6:30-7:10am with Kerry
- **SIX PACK ATTACK** 11:30am-12:00pm with Anna
- **LUNCH BREAK CYCLE** 12:10-1:00pm with Zoë
- **BOOTCAMP** 4:30-5:00pm with Libby
- **SIX PACK ATTACK** 5:30-6:00pm with Lauren E.
- **STRONG by ZUMBA®** 6:30-7:30pm with Karina
- **VINYASA FLOW** 7:30-8:30pm with Rotating Instructor
- **TABATA 30** 7:45-8:15pm with Avery

**FRIDAY**
- **HIIT 40** 7:00-7:40am with Alleece
- **RESTORATIVE YOGA** 8:00-9:00am with Christine
- **CYCLERVALS** 12:10-1:00pm with Kerry
- **ZUMBA®** 6:30-7:30pm with Karina
- **RESTORATIVE YOGA** 6:00-7:00pm with Karolina

**SATURDAY**
- **WEEKEND CYCLE** 10:00-11:00am with Kate & Claire
- **MUSCLE FIRE** 1:15-2:15pm with Anna
- **SUNDAY 12-8pm**
- **STRONG by ZUMBA®** 1:30-2:30pm with Karina
- **RESTORATIVE YOGA** 6:00-7:00pm with Karolina

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**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.

#RecreationAtElevation

[link to schedule website] uwoyo.edu/rec/group-fitness/schedule.html
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.

Cyc Intervals: 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