## Group Fitness Schedule

### Spring, 2022

**January 18-May 6**

### KEY

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

### 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


Separate Finals Week Schedule: May 9-13

No classes over Spring Break: Sat, March 12-Sun, March 20.

No classes April 16-17

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

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### GROUP FITNESS SCHEDULE

#### MONDAY (6am-10pm)

- **Morning Cycle** C
  - 6:30-7:30 w/ Syd
- **Sunrise Yoga** D
  - 6:30-7:30 w/ Eva

- **Strong Cycle** G
  - 12:10-1 w/ Morgan & Annie
- **Hit 40** F
  - 12:10-12:50 w/ Kevin & Peyton

- **Water Workout** P
  - 4:5 w/ Kayla & Ellery
- **Restorative Yoga** D
  - 5-6 w/ Karolina
- **Evening Cycle** C
  - 5:30-6:30 w/ Grace & Sam

#### TUESDAY (6am-10pm)

- **Morning Cycle** C
  - 6:30-7:30 w/ Syd & Brooke
- **Sunrise Yoga** D
  - 7-7:40 w/ Emilee & Aleksis

- **Lunch Break Cycle** C
  - 12:10-1 w/ Annie & Brooke
- **Faculty/Staff Fitness** C
  - 12:10-1 w/ Aleksis
- **TRX® Circuit Training** E
  - 12:10-1 w/ Ashley

- **Water Workout** P
  - 4-5 w/ Dax
- **Evening Cycle** C
  - 5:30-6:30 w/ Ashely & Hannah
- **Zumba®** G
  - 6-7 w/ Piper
- **BogaFit** P
  - 6:30-7:30 w/ Emilee

#### WEDNESDAY (6am-10pm)

- **Morning Cycle** C
  - 6:30-7:30 w/ Syd & Brooke
- **Sunrise Yoga** D
  - 6:30-7:30 w/ Karolina

- **Hit 40** G
  - 7-7:40 w/ Emilee

- **TRX® Circuit Training** C
  - 12:10-1 w/ Kevin & Peyton
- **Faculty/Staff Fitness** C
  - 12:10-1 w/ Aleksis
- **TRX® Circuit Training** E
  - 12:10-1 w/ Ashley

- **Water Workout** P
  - 4-5 w/ Kayla & Ellery
- **Vinyasa Yoga** D
  - 5-6 w/ Karson
- **Evening Cycle** C
  - 5:30-6:30 w/ Grace & Hannah
- **Zumba®** G
  - 6-7pm w/ Piper & Peyton
- **BogaFit** P
  - 6:30-7:30 w/ Emilee & Sam

#### THURSDAY (6am-10pm)

- **Morning Cycle** C
  - 6:30-7:30 w/ Bailee & Brooke
- **SUNRISE YOGA** D
  - 6:30-7:30 w/ Karolina

- **Hit 40** C
  - 7-7:40 w/ Emilee & Aleksis

- **Lunch Break Cycle** C
  - 12:10-1 w/ Shay & Emma
- **Faculty/Staff Fitness** C
  - 12:10-1 w/ Aleksis
- **TRX® Circuit Training** C
  - 12:10-1 w/ Ashley

- **Water Workout** P
  - 4-5 w/ Dax
- **Vinyasa Yoga** D
  - 5-6 w/ Karson
- **Evening Cycle** C
  - 5:30-6:30 w/ Grace & Hannah
- **Zumba®** G
  - 6-7pm w/ Piper & Peyton
- **BogaFit** P
  - 6:30-7:30 w/ Emilee & Sam

#### FRIDAY (6am-10pm)

- **Morning Cycle** C
  - 6:30-7:30 w/ Hunter & Emma
- **SUNRISE YOGA** D
  - 6:30-7:30 w/ Eva

- **Hit 40** G
  - 7-7:40 w/ Emilee

- **TRX® Circuit Training** C
  - 12:10-1 w/ Kevin & Peyton
- **Faculty/Staff Fitness** C
  - 12:10-1 w/ Aleksis
- **TRX® Circuit Training** E
  - 12:10-1 w/ Ashley

- **Water Workout** P
  - 4-5 w/ Dax
- **Vinyasa Yoga** D
  - 5-6 w/ Karson
- **Evening Cycle** C
  - 5:30-6:30 w/ Grace & Hannah
- **Zumba®** G
  - 6-7pm w/ Piper & Peyton
- **BogaFit** P
  - 6:30-7:30 w/ Emilee & Sam

#### SATURDAY (9am-3pm)

- **Bootcamp** G
  - 9:15-10:15 w/ Dax
- **Weekend Cycle** C
  - 12-1 w/ Shay

#### SUNDAY (2-8pm)

- **Bootcamp** G
  - 2:15-3:15 w/ Shay
- **Weekend Cycle** C
  - 2:15-3:15 w/ Shay
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Strenght 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.

HIT 40: Short and sweet, this High Intensity Training (HIT) class delivers a quick dose of metabolic conditioning drills and strength-building movements to ramp up energy expenditure and stimulate muscle growth.

Faculty/Staff Fitness: This is a group fitness class specifically offered and tailored to Faculty/Staff at UW. It provides an opportunity to improve overall health, increase confidence, work toward achieving fitness goals, learn proper movement mechanics and build community support in a fun and motivating environment separated from the student body. 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 very interactive, high-energy strength and conditioning workout to improve overall health and performance.

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 starts off with a 20 minute bike ride to rev-up your metabolic engine then moves into the Group Exercise Studio for a strength and conditioning finisher. A perfect blend of cardio and strength training, this class will be sure to increase your overall 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.

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

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!

Water-based Classes*

BogaFit: An action-packed class filled with tough intervals of strength, power, resistance, and core training moves all done in the pool on floating Boga mats! Wear a swim suit to this fun workout!

Water Workout: This shallow-water aerobics class offers low impact with high results. Water is a great environment that unloads joints while providing a medium of resistance to strengthen and tone muscles while challenging your cardiovascular system as well! No swimming experience necessary.

*Patrons of water-based classes should be comfortable in water and WILL get wet!

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

#RecreationAtElevation #UWYOCampusRec #SomethingForEveryone