

Group Fitness Schedule SPRING 2019

KEY

- G Group Exercise Studio
- C Cycling Studio
- F Fitness Studio
- D Dance Studio
- H Half Acre Pool

INFO

Class Schedule is Subject to Change

Schedule effective January 28th- May 10th

NO CLASSES:
March 16th-24th
April 20th-21st

Separate schedule for
Finals Week
May 13th -17th

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	MORNING CYCLE C 6:30-7:30am w/ Calli SUNRISE YOGA D 6:30-7:30am w/ Karolina HIIT 40 G 6:30-7:10am w/ Meri	SUNRISE YOGA D 6:30-7:30am w/ Sam TABATA 40 G 6:30-7:10am w/ Allece BOGA BOOTCAMP H 7:15-8:15am w/ Maggie	MORNING CYCLE C 6:30-7:30am w/ Calli SUNRISE YOGA D 6:30-7:30am w/ Karolina HIIT 40 G 6:30-7:10am w/ Meri	SUNRISE YOGA D 6:30-7:30am w/ Sam TABATA 40 G 6:30-7:10am w/ Allece BOGA BOOTCAMP H 7:15-8:15am w/ Maggie		HIIT 40 G 7:00-7:40am w/ Alma	WEEKEND CYCLE C 10:00-11:00am w/ Kate MUSCLE FIRE G 10:30-11:30am w/ Amanda V1
afternoon	LUNCH BREAK CYCLE C 12:10-1:00pm w/ Calli & Hannah D. WATER WORKOUT H 12:10-12:50pm w/ Hannah W. SIX PACK ATTACK F 12:10-12:40pm w/ Amanda V2	DANCE FITNESS F 12:10-1:00pm w/ Charly	LUNCH BREAK CYCLE C 12:10-1:00pm w/ Calli & Hannah D. WATER WORKOUT H 12:10-12:50pm w/ Hannah W. SIX PACK ATTACK F 12:10-12:40pm w/ Amanda V2	DANCE FITNESS F 12:10-1:00pm w/ Charly	SIX PACK ATTACK F 12:10-12:40pm w/ Lauren E.	ZUMBA G 12:00-1:00pm w/ Troy	
evening	PiYo F 4:30-5:30pm w/ Sam SIX PACK ATTACK G 5:45-6:15pm w/ Alma PILATES BARRE D 6:00-7:10pm w/ Amanda V1 BOGA FLOW H 6:30-7:30pm w/ Ashley VINYASA FLOW F 6:30-7:30pm w/ Lauren S. ZUMBA G 6:30-7:30pm w/ Karina BOGA HIIT H 7:40-8:30pm w/ Tom EVENING CYCLE C 8:00-9:00pm w/ Bailie	MUSCLE FIRE G 4:00-5:00pm w/ Alma VINYASA FLOW F 5:00-6:00pm w/ Lauren S. LES MILLS GRIT G 5:10-6:00pm w/ Lydia EVENING CYCLE C 5:30-6:30pm w/ Christine ZUMBA G 6:15-7:15pm w/ Troy BOGA FLOW H 6:30-7:30pm w/ Ashley BOGA BOOTCAMP H 7:40-8:30pm w/ Amanda V1	PiYo F 4:30-5:30pm w/ Sam SIX PACK ATTACK G 5:45-6:15pm w/ Amanda V2 PILATES BARRE D 6:00-7:10pm w/ Amanda V1 VINYASA FLOW F 6:30-7:30pm w/ Lauren S. STRONG by ZUMBA G 6:30-7:30pm w/ Karina BOGA HIIT H 7:40-8:30pm w/ Tom EVENING CYCLE C 8:00-9:00pm w/ Bailie	VINYASA FLOW F 5:00-6:00pm w/ Lauren S. LES MILLS GRIT G 5:10-6:00pm w/ Lydia EVENING CYCLE C 5:30-6:30pm w/ Christine DANCE FITNESS G 6:15-7:15pm w/ Amanda V2 BOGA HIIT H 6:30-7:30pm w/ Tom BOGA FLOW H 7:40-8:30pm w/ Ashley		ZUMBA G 6:30-7:30pm w/ Karina	STRONG by ZUMBA G 1:30-2:30pm w/ Karina
						SUNDAY 12-8pm	
						RESTORATIVE YOGA F 7:00-7:50pm w/ Karolina	



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BogaFIT: NEW FORMAT!! Fitness classes offered on floating mats in the pool. Make a splash in your fitness routine with various class types including Boga Flow, Boga HIIT, and Boga Bootcamp; swimming experience recommended.

Dance Fitness: A fun cardio workout that combines hip hop and jazz dance movements. This class allows you to tone, sculpt, and dance your body into condition.

HIIT 40: "High Intensity Interval Training" is a short and sweet training method that is sure to bust ANY plateau!

LES MILLS GRIT™: A high intensity interval training (HIIT) workout designed to improve strength and build strength and lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups!

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.

PiYO®: It's about energy, power, and rhythm. Think increased overall core strength and greater stability in this combination of yoga and Pilates class. This is NOT the average mind body experience!

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.

Strong by Zumba®: 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 40: The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 40 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, or sign up online at <https://app.fitdegree.com/>

www.uwyo.edu/rec/group-fitness