# 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
  - 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.**

## Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Midday</th>
<th>Afternoon</th>
<th>Evening</th>
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<td><strong>Monday</strong></td>
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<td><strong>Tuesday</strong></td>
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<td><strong>Wednesday</strong></td>
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<td><strong>Thursday</strong></td>
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<td><strong>Friday</strong></td>
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<td><strong>Saturday</strong></td>
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## Weekend
- **Weekend Cycle**
  - **Friday:**!
  - **Saturday:**

## Sunday
- **SUNRISE YOGA**
  - 7:00-7:40am w/ Alma
- **ZUMBA®**
  - 12:00-1:00pm w/ Troy
- **RESTORATIVE YOGA**
  - 7:00-7:50pm w/ Karolina

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#RecreationAtElevation

[ uwyo.edu/rec/group-fitness/schedule.html ]
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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 sculpt 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