# Group Fitness Schedule

## SUMMER, 2018

### KEY

- **G**: Group Exercise Studio
- **C**: Cycling Studio
- **F**: Fitness Studio
- **D**: Dance Studio
- **P**: Corbett Pool
- **H**: Half Acre Pool

### INFO

- **Class Schedule is Subject to Change**
- **Schedule effective May 21st - August 17th**
- **NO CLASSES**: May 28th and July 4th
- No Formal Coached Lap Swim or Water Workout
- 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

- **MORNING CYCLE**
  - 6:30-7:30am w/Kerry & Tailor
- **SIX PACK ATTACK**
  - 12:00-12:30pm w/ Brandon
- **HIIT 30**
  - 12:00pm-12:30pm w/ Alma
- **MUSCLE FIRE**
  - 4:45-5:45pm w/ Lauren & Meri
- **VINYASA FLOW**
  - 6:00-7:00pm w/ Sam

### TUESDAY

- **MORNING CYCLE**
  - 6:10-7:00am w/ Kate & Christine B.
  - PIYO*
    - 7:00-8:00am w/ Sam
      *Starts July 10th*
- **SIX PACK ATTACK**
  - 12:00-12:30pm w/ Brandon
- **HIIT 30**
  - 12:00pm-12:30pm w/ Alma

### WEDNESDAY

- **MORNING CYCLE**
  - 6:30-7:30am w/Kerry & Tailor
- **PIYO***
  - 7:00-8:00am w/ Sam
      *Starts July 5th*
- **SIX PACK ATTACK**
  - 12:00-12:30pm w/ Brandon
- **MUSCLE FIRE**
  - 4:45-5:45pm w/ Lauren & Amanda V.

### THURSDAY

- **MORNING CYCLE**
  - 6:10-7:00am w/Kate & Christine B.
  - PIYO*
    - 7:00-8:00am w/ Sam
      *Starts July 5th*
- **HIIT 30**
  - 12:00pm-12:30pm w/ Alma
- **BOOTCAMP**
  - 5:00-6:00pm w/Brandon, Amanda V. & Meri
  - PILATES BARRE* F
    - 6:00-7:00pm w/Amanda V.
      *Ends June 26th*
  - ZUMBA** G
    - 6:15-7:15pm w/Alexia
      *End June 26th*
  - STRONG by ZUMBA **G
    - 6:15-7:15pm w/Karina
- **EVENING CYCLE**
  - 6:30-7:30pm w/Claire & Bailie

### FRIDAY

- **MORNING CYCLE**
  - 6:30-7:30am w/Kerry & Tailor
- **HIIT 30**
  - 12:00pm-12:30pm w/ Alma
- **SIX PACK ATTACK**
  - 12:00-12:30pm w/ Brandon
- **ZUMBA®* G
  - 6:15-7:15pm w/Karina

### SATURDAY

- **NO CLASSES**

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#RecreationAtElevation
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.

HIIT 30: “High Intensity Interval Training” is a short and sweet training method that is sure to bust ANY plateau!

Morning/Evening 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®: PiYo combines the muscle-sculpting, core strengthening benefits of Pilates with the strength and flexibility advantages of yoga.

Six Pack Attack: A challenging and energetic 30 minute workout that effectively strengthens and sculpts core muscles.

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.

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