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**INFO**

- Class Schedule is Subject to Change
- Schedule effective January 23rd — May 3rd
- Separate schedule for Finals Week May 8th — 12th
- NO CLASSES: March 11th — 19th & April 15-16th
- #RecreationAtElevation

**KEY**

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

**SUNDAY 12-8pm**

- WEEKEND CYCLE C: 10:00-11:00am w/Kate
- ZUMBA® G: 12:00-1:00pm w/ Karina & Lauren L.
- MUSCLE FIRE G: 1:15-2:15pm w/ Anna
- URBAN KICK®: 3:30-4:30pm w/Megan

**GO FOR GOLD**

- RESTORATIVE YOGA F: 6:00-7:00pm w/Ashley F.
**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.

**Cycervals:** 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.

**Hills & Handlebars:** A cycling class that slowly increases and decreases resistance to mimic biking through the mountains of Wyoming. This is a great class for increasing cardiovascular endurance.

**Indoor 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!

**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!

**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 45:** The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 45 minute class.

**Urban Kick®:** NEW!! An innovative, exciting and athletic format that takes a sports conditioning approach. By combining punch and kick sequences with H.I.I.T. drills, UrbanKick challenges the body in all planes of motion so participants are constantly developing strength, agility, flexibility and balance.

**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® Core:** Everything you love about Zumba® Fitness with the added attention of working the abs. Learn how to fully engage the body while dancing!

**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.

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www.uwyo.edu/rec/group-fitness