## Finals Week, Spring 2017
### GROUP FITNESS SCHEDULE

**MONDAY**
- **MORNING CYCLE** 6:30-7:30am w/Claire
- **SIX PACK ATTACK** 7:00-7:30am w/Amanda
- **INTRO TO CYCLE** 8:00-9:00am w/Rudi

**TUESDAY**
- **HILLS & HANDLEBARS** 6:30-7:30am w/Kate
- **SIX PACK ATTACK** 7:00-7:30am w/Amanda
- **INTRO TO CYCLE** 8:00-9:00am w/Rudi

**WEDNESDAY**
- **CYCLERVALS** 12:10-1:00pm w/Cindy
- **SIX PACK ATTACK** 12:15-12:45pm w/Avery

**THURSDAY**
- **HILLS & HANDLEBARS** 6:30-7:30am w/Kate
- **HIIT 30** 7:15-7:45am w/Haley

**FRIDAY**
- **RESTORATIVE YOGA** 8:00-9:00am w/Christine

**SATURDAY**
- **NO CLASSES**

**SUNDAY**
- **NO CLASSES**

### 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 8th - 12th
- NO CLASSES: May 6th, 7th, and May 13th - 14th
- Summer schedule starts May 22nd

### WATER WORKOUT
- 12:10-12:50pm

### COACHED LAP SWIM
- 6:00-7:00pm

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- 6:00-7:00pm

### ZUMBA®
- 6:30-7:30pm w/Karina & Alexia
- 6:15-7:15pm w/Keegan & Alexia

### SPINSANITY
- 6:30-7:30pm w/Andie
- 6:15-7:15pm w/Andie

### VINYASA FLOW
- 6:00-7:00pm w/Maggie
- 3:45-4:45pm w/Lauren E.

### SPINSANITY
- 6:00-7:00pm w/Maggie
- 6:30-7:30pm w/Lauren E.

### RESTORATIVE YOGA
- 8:00-9:00am w/Christine

### ZUMBA®
- 6:30-7:30pm w/Karina & Alexia
- 6:15-7:15pm w/Keegan & Alexia

### MUSCLE FIRE
- 3:45-4:45pm w/Lauren E.

### HIIT 30
- 4:15-5:15pm w/Megan
- 5:30-6:00pm w/Rudi

### URBAN KICK®
- 6:15-7:15pm w/Andie
- 6:30-7:30pm w/Andie

### TABATA 45
- 5:15-6:00pm w/Haley
- 5:30-6:00pm w/Lauren E.

### BOOTCAMP
- 4:15-5:15pm w/Megan
- 5:30-6:00pm w/Rudi
- 6:15-7:15pm w/Keegan

### TABATA 45
- 5:15-6:00pm w/Haley

### WATER WORKOUT
- 12:10-12:50pm

### COACHED LAP SWIM
- 6:00-7:00pm

### COACHED LAP SWIM
- 6:00-7:00pm

### ZUMBA CORE®
- 7:45-8:45pm w/Lauren L.

### ZUMBA®
- 6:30-7:30pm w/Karina & Alexia
- 6:15-7:15pm w/Keegan & Alexia

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#RecreationAtElevation

GO FOR GOLD