# Recreation At Elevation

## Group Fitness Schedule

### Spring, 2020

### KEY
- **G**: Group Exercise Studio (2nd floor)
- **C**: Cycling Studio (2nd floor)
- **E**: Elevation Studio (3rd floor)
- **F**: Fitness Studio (3rd floor)
- **D**: Dance Studio (3rd floor)
- **CB**: Corbett Pool-Corbett Bldg

### INFO
- Class Schedule is Subject to Change
- Schedule Effective Jan 27-May 8, 2020
- No Classes: Spring Break March 14-22
- Easter Weekend: No classes Sat-Sun, April 11-12
- Separate Finals Week Schedule, May 9-15
- Sign up for classes and stay informed by using our Wyoming Campus Rec App! It’s free and easy to use! See website for more information.

### MONDAY (6am-10pm)

- **Sunrise Yoga**
  - 6:30-7:30 w/ Ross
- **Morning Cycle**
  - 6:30-7:30 w/ Karolina
- **Morning Cycle**
  - 6:30-7:30 w/ Erin
- **Six Pack Attack**
  - 7:30 w/ Paige
- **Lunch Break Cycle**
  - 12:10-1 w/ Morgan
- **Six Pack Attack**
  - 12:10-12:40 w/ Amanda & Sam
- **Water Workout**
  - 12:30-1 w/ Kevin & Mackenna
- **Evening Cycle**
  - 5:30-6:30 w/ Bailie & Emily B
- **Dance Fitness**
  - 5-6 w/ Charly
- **Yoga Foundations**
  - 5:30-6:30 w/ Lauren
- **Zumba**
  - 6:30-7:30 w/ Karina
- **BogaFire**
  - 8:15-9:15 w/ Dax

### TUESDAY (6am-10pm)

- **Sunrise Yoga**
  - 6:30-7:30 w/ Karolina
- **Morning Cycle**
  - 6:30-7:30 w/ Erin
- **Six Pack Attack**
  - 8-9 w/ Madi
- **TRX® Circuit Training**
  - 9:10-10 w/ Kevin & Dax
- **Six Pack Attack**
  - 12:10-12:40 w/ Amanda & Sam
- **Water Workout**
  - 12:10-1 w/ Kevin & Mackenna
- **Dance Fitness**
  - 1-2 w/ Charly
- **HIIT 40**
  - 5-5:40 w/ Carissa
- **Evening Cycle**
  - 5:30-6:30 w/ Bailie
- **90 Min Vinyasa Flow**
  - 5:30-7 w/ Lauren
- **UrbanKick®**
  - 5:30-6:30 w/ Alma & Sarah
- **Latin Dance Fitness**
  - 6-7 w/ Troy
- **BogaFit**
  - 8:15-9:15 w/ Tom & Mackenna

### WEDNESDAY (6am-10pm)

- **Sunrise Yoga**
  - 6:30-7:30 w/ Ross
- **Morning Cycle**
  - 6:30-7:30 w/ Calli & Sydney
- **Six Pack Attack**
  - 7-7:30 w/ Paige
- **Evening Cycle**
  - 5:30-6:30 w/ Bailie
- **90 Min Vinyasa Flow**
  - 5:30-7 w/ Lauren
- **UrbanKick®**
  - 5:30-6:30 w/ Alma & Sarah
- **Latin Dance Fitness**
  - 6-7 w/ Troy
- **BogaFit**
  - 8:15-9:15 w/ Tom & Mackenna

### THURSDAY (6am-10pm)

- **Sunrise Yoga**
  - 6:30-7:30 w/ Ross
- **Morning Cycle**
  - 6:30-7:30 w/ Erin
- **Six Pack Attack**
  - 8-9 w/ Madi
- **TRX® Circuit Training**
  - 9:10-10 w/ Kevin & Dax
- **Six Pack Attack**
  - 12:10-12:40 w/ Amanda & Sam
- **Water Workout**
  - 12:10-1 w/ Kevin & Mackenna
- **Dance Fitness**
  - 1-2 w/ Charly
- **HIIT 40**
  - 5-5:40 w/ Carissa
- **Evening Cycle**
  - 5:30-6:30 w/ Bailie
- **90 Min Vinyasa Flow**
  - 5:30-7 w/ Lauren
- **Strong by Zumba®**
  - 6-7 w/ Troy
- **Six Pack Attack**
  - 6-6:30 w/ Carissa
- **Latin Dance Fitness**
  - 7:15-8:15 w/ Bella

### FRIDAY (6am-10pm)

- **Sunrise Yoga**
  - 6:30-7:30 w/ Ross
- **Morning Cycle**
  - 6:30-7:30 w/ Emily B
- **Muscle Fire**
  - 8-9 w/ Madi
- **Bootcamp**
  - 9:30-10:30am w/ Dax & Sam
- **Latin Dance Fitness**
  - 3:15-4:15pm w/ Bella

### SATURDAY (9am-5pm)

- **Bootcamp**
  - 9:30-10:30am w/ Dax & Sam
- **Latin Dance Fitness**
  - 3:15-4:15pm w/ Bella
- **Restorative Yoga**
  - 7-7:50 w/ Karolina
- **BogaFire**
  - 8:15-9:15 w/ Dax & Sam

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[www.uwyo.edu/rec/group-fitness/schedule.html](http://www.uwyo.edu/rec/group-fitness/schedule.html)
Group Fitness Schedule

Spring, 2020

Yoga Classes

Sunrise Yoga: Start the morning with a healthy dose of yoga. This class is designed to energize your day and allow participants to carry peace and contentment wherever they go.

Yoga Foundations: This class will break down yoga poses and teach participants correct alignment. It is meant for beginners-advanced and will be taught in a workshop style. Building a foundation or improving your existing knowledge will instill confidence in your yoga practice.

90 Minute Vinyasa Flow: Offered by student-request this semester, this 90-minute class will be energizing and challenging. Fueled by hip-hop tunes, this class will give you ample time to warm up, sweat, and cool down while engaging in our wonderful UW yoga community.

Restorative Yoga: A relaxing form of yoga that involves deep stretches and longer-duration poses with purposeful breathing to create a sense of physical and mental stillness.

Strength and Conditioning Classes

HIIT 40: HIIT stands for High Intensity Interval Training. This is a short and sweet 40 minute class that is sure to bust ANY plateau!

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!

TRX® Circuit Training: Taught in the Elevation Studio, this class will utilize TRX® Suspension Trainers in combination with other equipment to provide a solid strength and conditioning workout to improve health and performance.

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

Urban Kick*: Blends cardio kickboxing (punch and kick combos) with sports conditioning athletic drills to create a fun and unique 3-dimensional fitness experience.

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.

Bootcamp: A more intense cardio-interval class employing mostly dynamic bodyweight movements, this class is designed to promote fat loss, tone muscle, and improve cardiorespiratory fitness.

Cycling Classes

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 way to increase your cardiorespiratory fitness level and burn calories!

Dance Classes

Dance Fitness: Find your groove in this active and energetic cardio-based class! Follow along to routines with hip hop roots while enjoying some of today’s top hits. No prior dance experience needed.

Latin Dance Fitness: Roll your hips, shake your shoulders and move your body along to some great Latin music following along with your instructors. No prior dance experience needed.

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.

Water-based Classes (Note: patrons of water-based classes should be comfortable in water and WILL get wet!)

Boga Fit: Fitness classes offered on floating mats in the pool! Make a splash in your fitness routine by completing strength and conditioning movements on the unstable and dynamic surface of a Boga Board! Be prepared to work hard, get wet, and have fun!

Boga Fire: Take a Muscle-Fire class and put it on a Boga Board and this is what you get. Who says fire and water don’t mix?

Water Workout: Exercise performed in water strengthens and tones while helping protect muscles and joints. This is a shallow water aerobics class. No swimming experience necessary.

Use our Fitness Class App!
Download “Wyoming Campus Rec” from the App Store or Google Play Store. Stay up to date with class changes, new events, and shout out to your favorite instructor on the FitFeed! Having problems downloading the app on your phone? Sign up for classes from your computer at https://app.fitdegree.com/

www.uwyo.edu/rec/group-fitness