

GROUP FITNESS SCHEDULE

Spring 2025

January 21-May 9

MONDAY

SCULPT YOGA

6:15-7:15 w/ Taylor

MORNING CYCLE

6:30-7:30 w/ Macei

TOTAL BODY TRAINING

6:30-7:30 w/ Sage & Denali

MAT PILATES

10:30-11:30 w/ Banaz

Faculty/Staff Fitness

12:10-1 w/ Sophia

WATER WORKOUT

5:15-6:15 w/ Kaylee

EVENING CYCLE

5:30-6:30 w/ Kara

ZUMBA*

5:30-6:30 w/ Megan

VINYASA YOGA

5:30-6:30 w/ Karolina

BOGAFIT

7:15-8:15 w/ Denali

TUESDAY

CYCLE & TONE

6:15-7:15 w/ Denali

SUNRISE YOGA

6:15-7:15 w/ Taylor

MORNING CYCLE

7:30-8:30 w/ Caroline

TOTAL BODY TRAINING

12-1 w/ Kevin & Nick

LUNCH BREAK CYCLE

1-2 w/ Chelsea

TOTAL BODY TRAINING

5-6 w/ Sage

WATER WORKOUT

5:15-6:15 w/ Kara

EVENING CYCLE

5:30-6:30 w/ Reilly

ZUMBA*

5:30-6:30 w/ Matalin

VINYASA YOGA

5:30-6:30 w/ Karolina

WEDNESDAY

SCULPT YOGA

6:15-7:15 w/ Taylor

MORNING CYCLE

6:30-7:30 w/ Macei

TOTAL BODY TRAINING

6:30-7:30 w/ Kevin & Caroline

Faculty/Staff Fitness

12:10-1 w/ Sophia

MAT PILATES

5-6 w/ Banaz

WATER WORKOUT

5:15-6:15 w/ Caroline

EVENING CYCLE

5:30-6:30 w/ Hannah

ZUMBA*

5:30-6:30 w/ Megan

BOGAFIT

7:15-8:15 w/ Kareem

THURSDAY

CYCLE & TONE

6:15-7:15 w/ Denali

MORNING CYCLE

7:30-8:30 w/ Kara

TOTAL BODY TRAINING

12-1 w/ Kevin

LUNCH BREAK CYCLE

1-2 w/ Chelsea

TOTAL BODY TRAINING

5-6 w/ Sage

EVENING CYCLE

5:30-6:30 w/ Reilly

ZUMBA*

5:30-6:30 w/ Matalin

EVENING CYCLE

6:45-7:45 w/ Macei

FRIDAY

MORNING CYCLE

6:30-7:30 w/ Sage

SUNRISE YOGA

6:30-7:30 w/ Devany

LUNCH BREAK CYCLE

12:15-1:15 w/ Caroline

KNOCKOUT CARDIO

5-6 w/ Alex

ZUMBA*

5:30-6:30 w/ Megan

SATURDAY

Half Acre open
9am-3pm

WEEKEND CYCLE

9:15-10:15 w/ Reilly

SUNDAY

Half Acre open
2-8pm

ZUMBA*

4-5 w/ Matalin

Functional Fitness Space (1st Floor)

Group Exercise Studio (2nd Floor)

Cycle Studio (2nd Floor)

Fitness Studio (3rd Floor)

Elevation Studio (3rd Floor)

Dance Studio (3rd Floor)

Corbett Pool (in Corbett Bldg)

TO REGISTER - It's FREE!

Sign up for classes on fitDEGREE by scanning the QR code to download the free UWYO Campus Rec app. See our website for more information.
www.uwyo.edu/fitness

Drop in classes are available for UW affiliates or sponsored guests.

NOTE

Class schedule subject to change based on instructor availability. Check the Campus Rec App for the most current offerings.



Campus Recreation
Fitness

GROUP FITNESS SCHEDULE

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Strength & Conditioning Classes:

- Total Body Training: This class will utilize resistance bands, kettlebells, TRX® suspension trainers, ViPR PRO®, and other fun equipment to provide a very interactive, high-energy strength and conditioning workout to improve overall health and performance. Each instructor has their own special flair so try them all!
- Faculty/Staff Fitness: This is a group fitness class tailored to a slightly older demographic than the typical college age. It gives this population the opportunity to build community support and work toward achieving fitness goals together. Objectives are to improve overall health, increase confidence, learn proper movement mechanics and enjoy this fun and motivating environment.
- Mat Pilates: This class infuses the breath into foundational shapes of Pilates to strengthen the core and sharpen the mind. Work through slow and controlled movements of the arms and legs that challenge the stability of the abdominals to improve posture and overall muscle tone.
- Knockout Cardio: Inspired by martial arts, this class will use punching and kicking with music to get the heart pumping for a fun, high-energy class. Learn individual moves and string together combos for a knockout cardio workout. All levels are welcome!

Water-Based Classes-NOW IN CORBETT (Note: patrons of water-based classes should be comfortable in water and will get wet!)

- Water Workout: Exercise performed in water strengthens and tones while helping protect muscles and joints. Water provides a medium of resistance to move against that is both supportive and challenging. This class occurs in semi-shallow water, from 3 ½ - 5 ft deep. Ask for floatation belts if you are uncomfortable treading water.
- Boga Fit: This class is delivered 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! Moderate swimming ability is necessary. Be prepared to work hard, get wet, and have fun!

Cycling Classes:

- Morning/Lunch Break/Evening /Weekend Cycle: Cycling is a great way to enjoy an exercise session with friends, increase your cardiorespiratory fitness level, and burn calories at the same time. Come and enjoy the ride!
- Cycle & Tone: This class blends sets of cycling (rolling hills, sprints, Tabata sets, standing climbs, etc.) with strength sets using body weight (planks, pushups, squats, lunges, etc.) and some equipment (dumbbells, medicine balls, etc.). It offers a nice combo of aerobic conditioning with some strength training to improve both strength and cardiovascular fitness.

Dance Classes:

- Zumba®: Zumba® classes combine various Latin music and dance styles to create a dynamic and playful fitness party for people of all levels. Once the rhythms take over, you'll see why Zumba® is like a workout in disguise leaving you feeling tired but also energized and happy!

Yoga Classes:

- Sunrise & Vinyasa Yoga: This is a Hatha-Vinyasa style yoga class. Incorporating breath control and meditation, this class will gradually awaken the body and mind, finding movement to a slightly slower-paced vinyasa flow. This well-balanced practice can help regulate the nervous system, helping you feel revitalized and ready for your day. Many modifications and variations to poses will be offered, welcoming new and long-time practitioners of yoga alike.
- Sculpt Yoga: This 60-minute class combines fast-paced yoga and Pilates to sculpt both your body and mind. It blends traditional yoga poses with strength training exercises, incorporating dynamic movements for a full-body workout. Though challenging, this class is suitable for all fitness and yoga experience levels, with adjustments provided as needed. While hand weights are optional, the focus will be on harmonizing mind, body, and breath.
- Mellow Yoga: This 60-minute class is dedicated to relaxing and restoring both mind and body, promoting a restful night's sleep. We will practice longer-duration yoga poses typically seen in Yin yoga that are designed to ease tension and relieve stress, with adjustments available to help you accomplish your poses and stretches. Suitable for all yoga levels.