

GROUP FITNESS SCHEDULE

Summer 2024

May 20-August 16

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNRISE YOGA
7:15-8:15 w/ An

CYCLE & TONE
7:15-8:15 w/ Makayla & Reilly

TOTAL BODY TRAINING
8-9 w/ Katy

SUNRISE YOGA
7:15-8:15 w/ Karolina

TOTAL BODY TRAINING
8-9 w/ Katy

SUNRISE YOGA
7:15-8:15 w/ An

MORNING CYCLE
7:15-8:15 w/ Makayla & Reilly

Note: Class offerings each week may vary due to instructor availability. Check the Campus Rec App for the most current offerings.

AWESOME ABS
12-12:45 w/ Ellery

TOTAL BODY TRAINING
12-1 w/ Kevin & Sophia

SOLO JAZZ DANCE
12:10-12:50 w/ Kevin

TOTAL BODY TRAINING
12-1 w/ Kevin & Sophia

SUNDAY

Closed

WATER WORKOUT
5:15-6:15 w/ Ellery

EVENING CYCLE
5:30-6:30 w/ Sage

TOTAL BODY TRAINING
5-6 w/ Kaylee & Sage

WATER WORKOUT
5:15-6:15 w/ Ellery

EVENING CYCLE
5-6 w/ Kaylee

ZUMBA®
5:30-6:30 w/ Hazel

EVENING CYCLE
5:30-6:30 w/ Sage

ZUMBA®
5:30-6:30 w/ Hazel

Group Exercise Studio (2nd Floor)

Cycle Studio (2nd Floor)

Fitness Studio (3rd Floor)

Elevation Studio (3rd Floor)

Dance Studio (3rd Floor)

Corbett Pool (in the John 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

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Campus Recreation
Fitness

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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!
- Awesome Abs: This class focuses on core movements, both isolated and dynamic, for strength and performance outcomes.

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.

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!
- Solo Jazz Dance: This class will introduce various dance steps with historical Jazz roots from the 1930's and 1940's such as the Charleston and Lindy Hop. Class will involve a combination of practicing the technique of the steps individually and then folding those steps together to provide a fun dose of cognitively enriched exercise. There will also be some choreographed routines that show up on occasion. Come try something new!

Yoga Classes:

- Sunrise Yoga: Begin your morning with a Hatha-Vinyasa style yoga practice. 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.