

Group Fitness Schedule

Spring, 2023
Jan 17-May 5

KEY

G	Group Exercise Studio (2 nd floor)
C	Cycling Studio (2 nd floor)
F	Fitness Studio (3 rd floor)
E	Elevation Studio (3 rd floor)
D	Dance Studio (3 rd floor)
P	Half Acre Pool

INFO

Class Schedule is Subject to Change-Use the Campus Rec App to see available classes! - Sign up for classes and stay informed by using fitDEGREE, our Fitness Scheduling App! It's free and easy to use! See back for a QR Code.

www.uwo.edu/fitness

*No classes over spring break: March 11-19

*Separate Finals Week Schedule: May 8-12

*No classes April 9

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

	MONDAY (6am-10pm)	TUESDAY (6am-10pm)	WEDNESDAY (6am-10pm)	THURSDAY (6am-10pm)	FRIDAY (6am-10pm)	SATURDAY (9am-3pm)	
morning	Morning Cycle C 6:30-7:30 w/ Brooke & Macei	Morning Cycle C 6:30-7:30 w/ Annie HIT 40 G 6:30-7:10 w/ Kairstyn TRX® Circuit Training E 7-7:50 w/ Katy	Morning Cycle C 6:30-7:30 w/ Sam & Maya	Morning Cycle C 6:30-7:30 w/ Annie HIT 40 G 6:30-7:10 w/ Kairstyn	Morning Cycle C 6:30-7:30 w/ Sam & Macei		
	Faculty/Staff Fitness G 12:10-1 w/ Kevin & Nataly Awesome Abs E 12:10-12:50 w/ Shay	45-Minute Cycle C 11:15-12 w/ Katy TRX® Circuit Training E 11:30-12:20 w/ Kevin & Breann	Lunch Break Cycle C 12-1 w/ Emma Faculty/Staff Fitness G 12:10-1 w/ Sarah Awesome Abs E 12:10-12:50 w/ Shay	45-Minute Cycle C 11:15-12 w/ Katy TRX® Circuit Training E 11:30-12:20 w/ Kevin & Breann	Strong Cycle C 11-12 w/ Brooke & Maya Faculty/Staff Fitness G 12:10-1 w/ Sarah		
afternoon	Water Workout P 5-6 w/ Ellery Evening Cycle C 5:30-6:30 w/ Ashley & Maya Zumba® G 6-7 w/ Peyton & Bailey BogaFit P 6:30-7:30 w/ Sam & Kareem Evening Cycle C 6:45-7:45 w/ Emma Vinyasa Yoga D 7-8 w/ Jennifer	Evening Cycle C 5:30-6:30 w/ Ashley Awesome Abs E 6-6:40 w/ Peyton Evening Cycle C 6:45-7:45 w/ Hannah Vinyasa Yoga D 7-8 w/ Karson Bootcamp G 8-9 w/ Kairstyn	Water Workout P 5-6 w/ Ellery & Kellan Strong Cycle C 5:30-6:30 w/ Hannah & Macei Evening Cycle C 6:45-7:45 w/ Brooke BogaFit P 6:30-7:30 w/ Ellery & Kellan	Evening Cycle C 5:30-6:30 w/ Hannah Awesome Abs E 6-6:40 w/ Ellery Zumba® G 6-7 w/ Peyton & Bailey Vinyasa Yoga D 7-8 w/ Karson Bootcamp G 8-9 w/ Kairstyn	Strong Cycle C 11-12 w/ Brooke & Maya Faculty/Staff Fitness G 12:10-1 w/ Sarah Zumba® G 6-7 w/ Peyton & Bailey Vinyasa Yoga D 7-8 w/ Jennifer		
						SUNDAY (2-8pm)	Restorative Yoga D 5-6 w/ Jennifer

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Strength and Conditioning Classes

HIT 40: Short and sweet, this 40-minute High Intensity Training (HIT) class delivers a quick dose of metabolic conditioning drills and strength-building movements to ramp up energy expenditure and stimulate muscle growth.

Awesome Abs: This 40-minute class focuses on core movements, both isolated and dynamic, for strength and performance outcomes.

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.

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

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/Lunch Break/Evening/45-Minute 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 enjoy the ride!

Strong Cycle: 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 muscle-based training to improve both strength and cardiovascular fitness.

Water-based Classes (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. The water provides a medium of resistance to move against that is both supportive and challenging. This is a shallow-water aerobics class. No swimming experience necessary.

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!

Yoga Classes

Sunrise Yoga: Start the morning with some energizing and healthy movement. This class will leave you feeling ready to conquer the day and will include personalized varying levels of difficulty. All levels are welcome. The class incorporates mostly vinyasa-style yoga.

Vinyasa Yoga: This all-levels class focuses on Vinyasa Yoga asana, linking breath to movement. By focusing on foundational postures and movements as well as leaving space for creativity and fun, this class can be approached by anyone with an interest in yoga.

Restorative Yoga: A relaxing form of yoga that involves deep stretches and props. This class aligns physical and mental stillness.

Dance Classes

Zumba®: Zumba comes from the Colombian word meaning “to move fast and have fun.” This high-energy class combines Latin dance moves with an aerobic and cardio-focused flair to ensure a great workout and a great time. All levels welcome!

Use our Fitness Class App!

To Sign Up: use fitDEGREE, our Fitness Class App!

Search for “**UW Campus Rec**” on the App Store or Google Play Store.

Stay up to date with class changes, new events, and invite friends to join you for a workout!

Want to sign up using your computer instead? Visit <https://app.fitdegree.com/>

www.uwyo.edu/rec/group-fitness

