### Group Fitness Schedule

**Finals Week, Fall 2017**

**INFO**

Class Schedule is Subject to Change
Schedule effective December 11-19
Separate schedule for Finals Week December 11-19
NO CLASSES: December 16—17
Spring Schedule will start on January 2

Sign up for classes in advance using our NEW Wyoming Campus Rec App! It’s free and easy to use! See website for more information.

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<th>Fitness Studio</th>
<th>Dance Studio</th>
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### Monday (12/11)

- **Sunrise Yoga**
  - 6:30-7:30am w/Karolina
- **Hiit 30**
  - 7:30-8:00am w/Lauren S.
- **Zumba**
  - 12:10-1:00pm w/Melissa
- **Lunch Break Cycle**
  - 12:10-1:00pm w/Zoe
- **Water Workout**
  - 12:10-12:50pm
- **Muscle Fire**
  - 4:30-5:30pm w/Lauren E.
- **Coached Lap Swim**
  - 6:00-7:00pm
- **Spinsanity**
  - 6:15-7:15pm w/Andie
- **Zumba**
  - 6:30-7:30pm w/Karina
- **Vinyasa Flow**
  - 7:30-8:30pm w/Emily

### Tuesday (12/12)

- **Morning Cycle**
  - 6:30-7:30am w/Kate
- **Six Pack Attack**
  - 12:45-1:15pm w/Anna
- **Coached Lap Swim**
  - 6:00-7:00pm
- **UrbanKick**
  - 6:15-7:15pm w/Andie
- **Zumba**
  - 6:15-7:15pm w/Karina
- **Vinyasa Flow**
  - 7:30-8:30pm w/Emily
- **Vinyasa Flow**
  - 7:30-8:30pm w/Emily

### Wednesday (12/13)

- **Sunrise Yoga**
  - 6:30-7:30am w/Karolina
- **Hiit 30**
  - 7:30-8:00am w/Lauren S.
- **Zumba**
  - 12:10-1:00pm w/Melissa
- **Lunch Break Cycle**
  - 12:10-1:00pm w/Zoe
- **Water Workout**
  - 12:10-12:50pm
- **Muscle Fire**
  - 4:30-5:30pm w/Lauren E.
- **Coached Lap Swim**
  - 6:00-7:00pm
- **Spinsanity**
  - 6:15-7:15pm w/Andie
- **Zumba**
  - 6:15-7:15pm w/Keegan
- **Vinyasa Flow**
  - 7:30-8:30pm w/Emily
- **Vinyasa Flow**
  - 7:30-8:30pm w/Emily

### Thursday (12/14)

- **Sunrise Yoga**
  - 6:30-7:30am w/Karissa
- **Hiit 30**
  - 7:30-8:00am w/Lauren S.
- **Zumba**
  - 12:10-1:00pm w/Melissa
- **Lunch Break Cycle**
  - 12:10-1:00pm w/Zoe
- **Water Workout**
  - 12:10-12:50pm
- **Muscle Fire**
  - 4:30-5:30pm w/Lauren E.
- **Coached Lap Swim**
  - 6:00-7:00pm
- **Strong by Zumba**
  - 6:30-7:30pm w/Karina & Keegan
- **Zumba**
  - 7:45-8:45pm w/Alexia
- **Vinyasa Flow**
  - 7:30-8:30pm w/Christine

### Friday (12/15)

- **Sunrise Yoga**
  - 6:30-7:30am w/Karissa
- **Mornig Cycle**
  - 6:30-7:30am w/Kerry
- **Pilates Barre**
  - 12:15-1:15pm w/Amanda
- **Six Pack Attack**
  - 12:45-1:15pm w/Anna
- **Bootcamp**
  - 4:15-5:15pm w/Brandon
- **Evening Cycle**
  - 5:10-6:00pm w/Zoe
- **Six Pack Attack**
  - 5:30-6:00pm w/Alma
- **Coached Lap Swim**
  - 6:00-7:00pm
- **Zumba**
  - 6:15-7:15pm w/Karina
- **Vinyasa Flow**
  - 7:30-8:30pm w/Christine

### Saturday (12/16)

- **No Classes**
  - Half Acre Building Hours
  - 9am-5pm

### Sunday (12/17)

- **No Classes**
  - Half Acre Building Hours
  - 12-8pm
Group Fitness Schedule FALL 2017

Boot Camp: A creative interval cardio class designed using bodyweight for sculpting and cardio drills for conditioning. This class promotes fat loss and muscle toning.

Coached Lap Swim: Lap swimming is open to intermediate level swimmers or higher. Trained coaches on deck will help with technique and provide workouts and tips.

Cycervals: Studies have shown that interval training — bursts of harder effort with rest periods in between — is one of the most efficient ways to build cycling fitness. This class is built for beginners all the way to ‘serious’ cyclists.

HIIT 30/40: “High Intensity Interval Training” is a short and sweet training method that is sure to bust ANY plateau! This semester, choose from a 30 or 40 minute workout.

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 cardio and strength combination!

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!

Pilates Barre: A high intensity workout to music combining Pilates movement principles, barre and center floor sequences. This class emphasizes precision and form, contributing to a stronger body and a more focused mind. Pilates Barre provides variety to any cross training and is appropriate for all fitness levels.

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

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

Spinsanity: An intense indoor cycling class that encourages participants to bike to the beat while pushing their limits!

Strong by Zumba®: NEW!! 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.

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

Tabata 40: The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 35 minute class.

Urban Kick®: An innovative, exciting and athletic format that takes a sports conditioning approach. By combining punch and kick sequences with H.I.I.T. drills, UrbanKick challenges the body in all planes of motion so participants are constantly developing strength, agility, flexibility and balance.

Vinyasa Flow: Yoga is an ancient natural method for achieving and maintaining physical, mental and emotional health. Benefits include stress release, body strength, weight control, improved body alignment and flexibility and better concentration.

Water Workout: This water aerobics class offers low impact with high results. If rehabilitation is the goal, water resistance strengthens and tones while helping protect muscles and joints; no swimming experience necessary.

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.

Download the NEW Wyoming Campus Recreation App to sign up for classes and stay up to date with the fitness program!

www.uwyo.edu/rec/group-fitness

#RecreationAtElevation