



Group Fitness Schedule

Fall, 2021
Aug 23-Dec 10

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 our website for more information. www.uwo.edu/fitness

Schedule Effective Aug 23-Dec 10.

Separate Finals Week Schedule: Dec 13-17

No classes over Thanksgiving Nov 22-28

Half Acre closes 30-minutes prior to Home Football Games

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

	MONDAY (6am-8pm)	TUESDAY (6am-8pm)	WEDNESDAY (6am-8pm)	THURSDAY (6am-8pm)	FRIDAY (6am-8pm)	SATURDAY (9am-3pm)
morning	Morning Cycle C 6:30-7:30 w/ Erin & Annie	Morning Cycle C 6:30-7:30 w/ Sydney	Morning Cycle C 6:30-7:30 w/ Erin & Annie Sunrise Yoga D 6:30-7:30 w/ Karolina	Morning Cycle C 6:30-7:30 w/ Sydney Sunrise Yoga D 6:30-7:30 w/ Eva	Morning Cycle C 6:30-7:30 w/ Bailee & Annie	Bootcamp G 9:15-10:15 w/ Dax & Shay
	Lunch Break Cycle C 12:10-1 w/ Abi Faculty/Staff Fitness G 12:10-1 w/ Isaiah	Lunch Break Cycle C 12:10-1 w/ Morgan VI PR PRO® Training Camp G 12:10-1 w/ Kevin & Shay	Lunch Break Cycle C 12:10-1 w/ Emily B Faculty/Staff Fitness G 12:10-1 w/ Isaiah TRX® Circuit Training E 12:10-1 w/ Kevin & Ashley	Lunch Break Cycle C 12:10-1 w/ Morgan & Shay Lindy Hop! F 12:10-1 w/ Kevin & Beth	Lunch Break Cycle C 12:10-1 w/ Emily B	
afternoon	Restorative Yoga D 5-6 w/ Karolina Evening Cycle C 6:30-7:30 w/ Emily B	Bootcamp G 6-7 w/ Dax & Emilee R Evening Cycle C 6:15-7:15 w/ Ashley & Hunter	Vinyasa Yoga D 5:30-6:30 w/ Eva Evening Cycle C 6:15-7:15 w/ Ashley & Grace BogaFit P 6:30-7:30 w/ Dax & Emilee	Water Workout P 4-5 w/ Mackenna		
				Bootcamp G 6-7 w/ Dax & Emilee R Evening Cycle C 6:15-7:15 w/ Ashley & Hunter BogaFit P 6:30-7:30 w/ Dax	BogaFit P 6:30-7:30 w/ Dax	
evening						
						SUNDAY (2-8pm) Weekend Cycle C 5-6 w/ Emily B & Grace

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Strength and Conditioning Classes

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.

ViPR PRO® Training Camp: Life and sport requires whole body strength, resiliency and athleticism in odd positions. This class employs ViPR PRO®, a cutting-edge piece of fitness equipment that will have you training and moving like a PRO! Discover loaded movement training and tap into your full athletic potential!

Faculty/Staff Fitness: This is a group fitness class specifically offered and tailored to Faculty/Staff at UW. It gives this population the opportunity to improve overall health, increase confidence, work toward achieving fitness goals, learn proper movement mechanics and build community support that will serve to enhance their experience in a fun and motivating environment separated from the student body. We aim to create a realistic and lasting passion for health and fitness in adults that can be sustained for the long-term. Our mission is to focus on creating a safe and enjoyable exercise environment for our participants.

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

Dance Classes

Lindy Hop! This is a partner-based social dance class that teaches the fundamentals of Lindy Hop, the historical jazz swing dance from the 1920's. It is being offered to Faculty/Staff in a progressive series of 4 groups of classes. Prior registration is required. Attending with a partner is not required; the practice of rotating partners will be implemented to give everyone the chance to practice the skills of leading and following.

Cycling Classes

Morning/Lunch Break/Evening 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!

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.

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

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.

Water-based Classes*

BogaFit: An action-packed class filled with tough intervals of strength, power, resistance, and core training moves all done in the pool on floating Boga mats! Wear a swim suit to this fun workout!

Water Workout: This shallow-water aerobics class offers low impact with high results. Water is a great environment that unloads joints while providing a medium of resistance to strengthen and tone muscles while challenging your cardiovascular system as well! No swimming experience necessary.

*Note-patrons of water-based classes should be comfortable in water and WILL get wet!

Use our Fitness Class App!

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

Search for “**University of Wyoming 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