# Group Fitness Schedule SPRING 2018

## KEY
- **G** Group Exercise Studio
- **C** Cycling Studio
- **F** Fitness Studio
- **D** Dance Studio
- **P** Corbett Pool
- **H** Half Acre Pool

## INFO
- Class Schedule is Subject to Change
- Schedule effective January 22nd—May 4th
- Separate schedule for Finals Week May 7-11th
- NO CLASSES: March 10th—18th, March 31st—April 1st
- 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.

## GROUP FITNESS SCHEDULE

### MONDAY
- **SPINSANITY** **G**
  - 6:10-7:00am w/Andie
- **SUNRISE YOGA** **D**
  - 6:30-7:30am w/ Rotating Instructor
- **HIIT 40** **G**
  - 6:30-7:10am w/Alma
- **SIX PACK ATTACK** **G**
  - 11:30am-12:00pm w/Anna
  - 12:10 – 1:00pm w/Alexia
- **VINYASA FLOW** **F**
  - 7:30-8:30pm w/Christine
- **TABATA 30** **G**
  - 7:45-8:15pm w/Avery

### TUESDAY
- **SPINSANITY** **C**
  - 6:10-7:00am w/Andie
- **SUNRISE YOGA** **D**
  - 6:30-7:30am w/ Rotating Instructor
- **MORNING CYCLE** **C**
  - 6:30-7:30am w/Karolina
- **HIIT 40** **G**
  - 6:30-7:10am w/Alma
- **SIX PACK ATTACK** **G**
  - 11:30am-12:00pm w/Anna
  - 12:10 – 1:00pm w/Alexia
- **BOOTCAMP** **G**
  - 4:15-5:15pm w/Brandon
  - 5:30-6:00pm w/Lauren E
- **PILATES BARRE** **F**
  - 6:00-7:00pm w/Kara
- **VINYASA FLOW** **F**
  - 7:30-8:30pm w/Andie
- **ZUMBA®** **G**
  - 6:30-7:30pm w/Alexia

### WEDNESDAY
- **SPINSANITY** **C**
  - 6:10-7:00am w/Andie
- **SUNRISE YOGA** **D**
  - 6:30-7:30am w/ Rotating Instructor
- **MORNING CYCLE** **C**
  - 6:30-7:30am w/Karolina
- **HIIT 40** **G**
  - 6:30-7:10am w/Alma
- **SIX PACK ATTACK** **G**
  - 11:30am-12:00pm w/Anna
  - 12:10 – 1:00pm w/Alexia
- **BOOTCAMP** **G**
  - 4:15-5:15pm w/Brandon
  - 5:30-6:00pm w/Lauren E
- **PILATES BARRE** **F**
  - 6:00-7:00pm w/Kara
- **VINYASA FLOW** **F**
  - 7:30-8:30pm w/Andie
- **ZUMBA®** **G**
  - 6:30-7:30pm w/Alexia

### THURSDAY
- **SUNRISE YOGA** **D**
  - 6:30-7:30am w/ Rotating Instructor
- **MORNING CYCLE** **C**
  - 6:30-7:30am w/Karolina
- **HIIT 40** **G**
  - 6:30-7:10am w/Alma
- **SIX PACK ATTACK** **G**
  - 11:30am-12:00pm w/Anna
  - 12:10 – 1:00pm w/Alexia
- **BOOTCAMP** **G**
  - 4:15-5:15pm w/Brandon
  - 5:30-6:00pm w/Lauren E
- **PILATES BARRE** **F**
  - 6:00-7:00pm w/Kara
- **VINYASA FLOW** **F**
  - 7:30-8:30pm w/Andie
- **ZUMBA®** **G**
  - 6:30-7:30pm w/Alexia
- **WATER WORKOUT** **H**
  - 12:10-12:50pm w/Alma
  - 6:00-7:00pm w/Zoë

### FRIDAY
- **HIIT 40** **G**
  - 7:00-7:40am w/Aleecce
  - 8:00-9:00am w/Christine
- **RESTORATIVE YOGA** **F**
  - 10:00-11:00am w/Kate & Claire
- **ZUMBA®** **G**
  - 12:00-1:00pm w/Alexia
- **MUSCLE FIRE** **G**
  - 1:15-2:15pm w/Anna

### SATURDAY 9am-5pm
- **WEEKEND CYCLE** **C**
  - 7:30-8:30pm w/Kate & Claire
- **ZUMBA®** **G**
  - 6:30-7:30pm w/Karolina

### SUNDAY 12-8pm
- **STRONG by ZUMBA®** **G**
  - 1:30-2:30pm w/Karina
- **RESTORATIVE YOGA** **F**
  - 6:00-7:00pm w/Karolina

# #RecreationAtElevation

[Link to schedule page: uwy.edu/rec/group-fitness/schedule.html]
**Group Fitness Schedule**

**SPRING 2018**

**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.

**CycIntervals:** 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 30:** The theme of this class is intensity! While the intervals are short, the effects are long lasting. Be prepared to sweat during this 30 minute class.

**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.

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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

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uwyo.edu/rec/group-fitness/schedule.html