













FINALS SURVIVAL WEEK

FREE Group Fitness December 9-14, 2016

	FRI 12/9	SAT 12/10	SUN 12/11	MON 12/12	TUE 12/13	WED 12/14
5:30 PM	 ZUMBA 45 min <i>Maria P</i>	 CYCLE N' CORE 45 min <i>Jake</i>	 BODY COMBAT 45 min <i>Briana</i>	 STEPBOX 45 min <i>Sarah</i>	 BODY PUMP 45 min <i>Julie</i>	 BODY JAM 45 min <i>Brittany</i>
6:30 PM	 YOGA SCULPT 45 min <i>Emily B</i>	 VINYASA YOGA 45 min <i>Kimmy</i>	 CANDLELIGHT YOGA 45 min <i>Emily P</i>	 PILATES 45 min <i>Gabby</i>	 YIN YOGA 45 min <i>Sara C</i>	 POWER YOGA 45 min <i>Phoebe</i>



ROOM B



SPIN STUDIO

CAMPUS RECREATION



rec.arizona.edu/fsw

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	RISE N RIDE 45 min <i>Jen P</i>	URBAN BOOTCAMP 45 min <i>Maria M</i>	CYCLE W/ THE PROS 45 min	URBAN BOOTCAMP 45 min <i>Maria M</i>	RISE N RIDE 45 min <i>Jen P</i>	CYCLE 30 min <i>Jake</i>	
		PILATES 45 min <i>Jeanne</i>		PILATES 45 min <i>Jeanne</i>		BODY PUMP 60 min <i>Julie</i>	
7:20		VINYASA YOGA 45 min <i>Jeanne</i>		VINYASA YOGA 45 min <i>Jeanne</i>		VINYASA YOGA 60 min <i>Emily B</i>	
9:30	TOTAL BODY BLAST 45 min <i>Ferris</i>		HIIT 45 min <i>Ferris</i>		BOOT-CAMP 45 min <i>Ferris</i>	HIIT 30 min <i>Megan</i>	
12:10 PM	YOGA SCULPT 60 min <i>Sophie</i>	VINYASA YOGA 60 min <i>Sam</i>	YOGA SCULPT 60 min <i>Sophie</i>	VINYASA YOGA 60 min <i>Sam</i>	RESTORATIVE YIN YOGA 60 min <i>Patricia</i>	AB SOLUTIONS 20 min <i>Megan</i>	
	BODY PUMP 45 min <i>Julie</i>	TOTAL BODY BLAST 30 min <i>Megan</i>	BODY PUMP 45 min <i>Julie</i>	TOTAL BODY BLAST 30 min <i>Kate</i>	BODY PUMP 45 min <i>Julie</i>	BODY PUMP 60 min <i>Lauren</i>	
	VINYASA YOGA 60 min <i>Anthony</i>	CYCLE 30 min <i>Denise</i>	VINYASA YOGA 60 min <i>Anthony</i>	CYCLE 30 min <i>Denise</i>		PIYO 60 min <i>Lauren</i>	
4:15	VINYASA YOGA 45 min <i>Emily P</i>	BODY PUMP 60 min <i>Briana</i>	ZUMBA 45 min <i>Vanny</i>	BODY PUMP 60 min <i>Briana</i>	YOGA SCULPT 45 min <i>Emily B</i>	TOTAL BODY BLAST 45 min <i>Kate</i>	
	GRIT 30 min <i>Briana</i>		GRIT 30 min <i>Briana</i>			ZUMBA 45 min <i>Emily P</i>	
5:00	BODY PUMP 60 min <i>Brittany</i>		BODY PUMP 60 min <i>Brittany</i>		BODY PUMP 60 min <i>Brittany</i>	VINYASA YOGA 60 min <i>Emily P</i>	
5:15	AB SOLUTIONS 30 min <i>Alicia</i>		AB SOLUTIONS 30 min <i>Alicia</i>		AB SOLUTIONS 30 min <i>Alicia</i>		
5:30		BODY COMBAT 45 min <i>Briana</i>		BODY COMBAT 45 min <i>Nicole</i>			
		CYCLE N CORE 45 min <i>Jake</i>		CYCLE N CORE 45 min <i>Jake</i>			
		VINYASA YOGA 45 min <i>Tatiana</i>		VINYASA YOGA 45 min <i>Tatiana</i>			

Group Fitness Pass Half Off only \$29/\$39

Schedule continues on back

Locations

- DRACHMAN
- BOULDERING
- LARSON
- ROOM B
- SPIN STUDIO

Type

- CARDIO**
- CORE**
- CYCLE**
- MIND & BODY**
- STRENGTH**
- STRENGTH & CARDIO**
- STRENGTH & CORE**

rev. 10/10/16



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 PM	URBAN BOOTCAMP 30 min Melina		URBAN BOOTCAMP 30 min Megan		
6:15	VINYASA YOGA 45 min Kimmy		PIYO 45 min Sam		
6:30	CYCLE 30 min Jake	BODY JAM 45 min Brittany	CYCLE 30 min Julie	BODY JAM 45 min Brittany	
		BODY PUMP 45 min Briana		BODY PUMP 45 min Briana	
6:40	AB SOLUTIONS 20 min Melina		AB SOLUTIONS 20 min Megan		
7:15	ZUMBA 45 min Maria		ZUMBA 45 min Jazmin		
	POWER YOGA 45 min Kimmy		POWER YOGA 45 min Kimmy		
	TIRES N ROPES 45 min Melina		TIRES N ROPES 45 min Ferris		
7:30		ZUMBA 45 min Vanny		ZUMBA 45 min Vanny	
		GRIT 30 min Brittany		GRIT 30 min Brittany	
8:15	VINYASA YOGA 60 min Kimmy	BARRE STRENGTH 60 min Gabby	VINYASA YOGA 60 min Phoebe	BARRE STRENGTH 60 min Gabby	
	STEPBOX 45 min Sarah		STEPBOX 45 min Sarah		
8:30		CANDLELIGHT YOGA 60 min Emily P.		CANDLELIGHT YOGA 60 min Emily P.	
9:30		MOONLIGHT BOOTCAMP 45 min Eric		MOONLIGHT BOOTCAMP 45 min Eric	

Group Fitness Pass Half Off only \$29/\$39

Check Out Upcoming Fitness Events

WALKING ON WATER
Paddleboard Yoga classes on Fri., October 28th 4-6:30pm

Zumba Level 1 Certification
Sat., October 22nd

Zen Day Yoga on the Mall
Thur, December 8th 4-5:30pm

For Group Fitness class descriptions:
rec.arizona.edu/group-fitness

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NO CLASSES: Nov. 11 (Veterans Day) • Nov. 24-27 (Thanksgiving Break)

GROUP FITNESS @ CAMPUS REC >>> October 10 - December 7

FALL 2016

Cardio @ Dance

BODYJAM™: The ultimate combination of music and dance! House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM. Come try out BODYJAM to get a killer workout and burn calories! (ALL)

HIIT: HIIT stands for High Intensity Interval Training. This is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and push your boundaries. Modifications for all fitness levels are provided. (INT)

Zumba®: This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It's one of the most fun ways to get fit, toned, and a cardio workout. (ALL)

Cardio @ Strength

BODYCOMBAT™: A high-energy martial arts-inspired workout that is totally non-contact. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. (ALL)

BootCamp (Moonlight *NEW!*/Urban): Looking for resistance and cardiovascular training all in one? This class includes circuits, athletic drills including agility and conditioning exercises which will challenge and strengthen your body at a new level! (INT)

GRIT™: This 30-minute high intensity interval training workout is designed to improve strength and build lean muscle. This workout uses barbell, weight plates, and body weight exercises to blast all major muscle groups. Put your metabolism into overdrive with this butt-kicking workout! Modifications for all movements possible, welcoming all levels of fitness! (INT)

Stepbox *NEW!*: A mix of traditional step + kickboxing all in one! This class will incorporate heart pumping cardio kickboxing combos and steps to the beat of the music for a great well-rounded workout. (ALL)

Tires n' Ropes: A non-traditional workout at the Bouldering Wall outside using battle ropes and the various weighted tires to challenge your body in new and exciting ways. Each class will be different to keep your muscles guessing. Come prepared with breathable attire and water! Inclement weather will bring the class indoors to the Raquetball courts located on the 2nd floor. (INT)

Strength @ Core

ABSolutions: Focus on your core strength and stability with this express class. This class will challenge the way you think about core training and take you beyond your normal floor crunches. Exercises are designed to challenge all of the muscles of the core to improve posture, balance, and overall body function. (ALL)

Barre Strength: Lengthen, strengthen, and tone your entire body! Using body weight, light resistance, and high repetition - this class engages those smaller muscles commonly missed in typical workouts. Based on techniques from yoga, Pilates, and ballet, Barre will make your body stronger and more flexible! (ALL)

BODYPUMP™: Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Burning up to 590 calories, instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music – helping you achieve your personal best! (ALL)

Total Body Blast: Strength training isn't just for the weight room. This class will focus on using weights, balls, and BOSU's to blast calories, create lean muscle, and shape your body. Total Body Blast is a traditional weight training class. (ALL)

Cycling

Cycle: High-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval trainings, climbs, endurance work, and sprints. Training on a bike makes this workout low-impact, yet challenging. Make this class as intense as you wish- it is YOUR ride! (ALL)

Cycle n' Core: Put a new spin on your core workout with this heart-pounding, endurance-building class that fuses the best of indoor cycling with our signature ABSolutions workout. Push through the resistance as you conquer hills, jumps and sprints throughout this sweaty, calorie-burning journey. After the ride, keep the momentum going as you hit the mat for a core strengthening cool down. See you at the finish line. (ALL)

Cycle with the Pros! *NEW!* Join our Professional Fitness Staff members as they coach you through intervals with varying resistance and speeds. These classes will focus on improving indoor cycling technique while challenging your cardiovascular system. (ALL)

Rise n' Ride: Early in the morning high-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval trainings, climbs, endurance work, and sprints. Training on a bike makes this workout low-impact, yet challenging. Make this class as intense as you wish- it is YOUR ride! (ALL)

Mind/Body

Candlelight Yoga: Take time at the end of the day to realign your body and mind. Join us for a peaceful yoga style class that will help you relax and prepare for the rest of your night. (ALL)

Pilates®: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advances training and core strength. A combination of purposeful movements to improve posture, muscle endurance, core stability, and can help to reduce stress. (ALL)

PiYo™: Is all about strength training and core conditioning for people who want to sweat their way to, increased core strength and greater stability! Pilates & Yoga formats are fused together to improve dynamic balance, strength, & functional training. (ALL)

Power Yoga: Expand your practice and open up in this dynamic and challenging flow class which is designed to push your flexibility and advance your training by moving more rapidly through traditional poses. Learn about the power of proper alignment, breathing and the benefits it

can provide. (INT/ADV)

Restorative Yin Yoga: Connect with your mind, body, and spirit in this restorative yoga class designed for all levels providing a variety of health benefits. This relaxing yoga class will combine breath work with other stress-management techniques to leave you feeling relaxed and restored. Postures are held for 2-3 minutes of time to initiate deeper relaxation of the body and mind. (ALL)

Vinyasa Yoga: A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Challenge your practice further by incorporating an indo board available in the studio to improve your balance and core strength. Appropriate for all yoga enthusiasts. (ALL)

Yoga Sculpt: This flow yoga class uses weights and blocks to add an additional challenge to the workout! Targets the full body and assists with stretching as well as strengthening. (ALL)

GROUP FITNESS CLASSES: GENERAL INFO

ARRIVAL: Arrive on time. Late entry not allowed.

CANCELATION POLICY: In the event that a class has less than 4 people for more than 3 occurrences, the Fitness and Wellness Department may have to cancel the class for the remainder of the semester.

FITNESS 2 U: *Bringing Fitness to You!* Certified fitness instructors/personal trainers come to your location and provide your group with a personalized class or lecture.

FITNESS PASS: Valid Group Fitness Pass (non-transferable/non-refundable) required to attend drop-in classes. One-Class Pass (\$7) available.

GEAR: Appropriate attire required. Hydration recommended. Equipment provided.

MODIFICATIONS: Classes appropriate for all levels. Modifications available. Talk to instructor prior to class about fitness level. Physician's clearance recommended.

SCHEDULE: Schedule subject to change. Most current schedule, including any cancellations on website.