

Group Fitness

Fall 2017

August 28 - December 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:20 AM	CYCLE Rise n' Ride 40 min		CYCLE Rise n' Ride 40 min BOOT CAMP 40 min		CYCLE Rise n' Ride 40 min
6:30		PILATES 45 min		PILATES 45 min	
6:45			HIIT 30 min		
7:30		VINYASA YOGA 45 min	BODY PUMP 60 min	POETRY YOGA 45 min	BODY PUMP 60 min
7:45					
9:00					
9:30	HIIT 30 min	HIIT 30 min	HIIT 30 min	HIIT 30 min	HIIT 30 min
10:15	CORE & MORE 30 min		CORE & MORE 30 min		
11:15					
12:00 PM	CYCLE 30 min BODY PUMP 45 min		CYCLE 30 min BODY PUMP 45 min		BODY PUMP 45 min
12:10	VINYASA YOGA 50 min	VINYASA YOGA 60 min HIIT 30 min	VINYASA YOGA 50 min	VINYASA YOGA 60 min HIIT 30 min	YOGA SCULPT 50 min
12:45		CORE & MORE 30 min		CORE & MORE 30 min	
1:30		PILATES 60 min		PILATES 60 min	
3:30					PILATES 60 min
4:30		GRIT 30 min		GRIT 30 min	
5:15	BODY PUMP 60 min		BODY PUMP 60 min		
5:30	CYCLE 30 min	CYCLE 30 min	CYCLE 30 min	CYCLE 30 min	CYCLE 30 min
6:15	YOGA & HEART MED 60 min	BODY PUMP 60 min HATHA YOGA 60 min	PILATES 60 min	BODY PUMP 60 min POWER YOGA 60 min	YOGA & HEART MED 60 min
6:30	HIIT 30 min		HIIT 30 min		ZUMBA 60 min
7:15	WERQ 60 min		ZUMBA 60 min		
7:30	VINYASA YOGA 60 min	CORE & MORE 30 min ZUMBA 60 min	VINYASA YOGA 60 min	CORE & MORE 30 min ZUMBA 60 min	
8:00	BOOT CAMP 60 min		BOOT CAMP 60 min		

SATURDAY

8:30	CYCLE Bike & Body Weight 75 min
10:00	HIIT 30 min
10:45	CORE & MORE 30 min
12:00	BODY PUMP 60 min
12:30	CYCLE Bike & Body Weight 60 min
4:30	TBB 60 min
5:45	ZUMBA 60 min
7:00	YOGA 60 min

Type

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

Physical Social Spiritual

Locations

- LARSON
- BOULDERING
- ROOM B
- SPIN STUDIO
- WOODARD
- SMART MOVES

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CARDIO & DANCE

WERQ®: WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. New routines are introduced weekly, so you get the WERQ routines you know and can also challenge yourself with new one's you're learning.

Zumba®: This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It's a fun way to get the benefits of cardiovascular training, and get fit! (ALL)

CARDIO & STRENGTH

BODYCOMBAT™ Express: A high-energy cardio kickboxing workout now in just 30 minutes! This class is perfect for anyone new to BodyCombat, to veterans who want to only have a short time to get in the fight. Release stress, have a blast and feel like a champ while learning some literal butt-kicking moves. No-contact and appropriate for everyone to join. (ALL)

BootCamp: Looking for resistance and cardiovascular training all in one? This class includes circuits, and athletic drills including agility and conditioning exercises which will challenge and strengthen your body to 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)

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

STRENGTH & CORE

Core & More: 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)

BODYPUMP™: By using light to moderate weight with high repetitions, 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, med 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)

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)

Bike & Bodyweight: Kick start your weekend by combining your cardio and strength training in this non-stop high-energy class! Begin class in the Spin Studio on an intense ride focused on muscular strength and endurance and then jump off the bike mid class for a balanced strength-training workout utilizing just your bodyweight. Finish out the class with a steady state ride. *If you wear cycle shoes that clip in, be prepared to also have closed toed athletic shoes with you* (ALL)

MIND/BODY

Hatha Yoga: An accessible class designed to stretch your body and focus on alignment, mindful movements, and steady breathing. This gentle flow will reconnect you with your focus. (ALL)

Hatha Yoga & Heart Rhythm Meditation: An invigorating and accessible class designed to stretch your body, and connect to your breath and heart. Class begins with a slow, flowing Hatha sequence focusing on alignment, mindful movements, and steady breathing. As class winds down, you'll be guided through a ten-minute seated meditation to help you calm your mind and become centered in your body and heart. (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, and core stability. Pilates is a great way to reduce stress. (ALL)

Poetry Yoga: The Practice of Hatha Yoga while Listening to Poetry using Mantra. Designed to help cherish the spirit of poetry and assist in making the mind/body/spirit connection through the practice of yoga. (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)

Vinyasa Yoga: A discipline that 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)

SMALL GROUP TRAINING

Wildcat Cross Training: This class is based around heart rate interval training allowing you to work at your own personalized intensity level to get optimal results. This hour-long workout is broken down into treadmill intervals and weight training circuits to challenge both your strength and endurance to push you to new levels! MyZone heart rate monitors are not required for this class, but highly recommended to get the best results. (ALL)

Intro to Yoga: Introduction to Yoga will teach participants the basics of yoga and the benefits that come along with a continual yoga practice. If you are new to yoga or want to make sure you are practicing correctly, this class will help you become more confident in the classroom and/or during your own personal practice. Intro to Yoga is ideal for beginners, but can be modified for anyone who wants to participate. Class is held in Drachman Hall in room A110 on the first floor on the south end of the building. (ALL)

Personal Trainer Certification Prep Course: This 10-week Personal Trainer Course will use ACE study material in order to prepare participants to pass the exam and succeed as Personal Trainers for the Student Recreation Center and in the private field. Registration in the course includes an exam voucher for the ACE Personal Training Certification exam. This course will cover anatomy and physiology, body mechanics, building rapport and effective communication with clients, and client assessment techniques. One day of the week will be devoted to lecture and another day of the week will be devoted to hands on experience. (ALL)

Group Fitness Instructor Training Course: This 10-week Group Fitness Instructor Training Class will teach the ACE Group Fitness Instructor Exam Prep material. Tuesdays will be lecture based and Thursdays will be movement based. This course will teach the fundamentals of exercise programming, class, design, music selection, teaching strategies, engagement and motivation techniques, and much more! The cost of this course includes an exam voucher for the ACE Group Fitness Certification exam. (ALL)

Strong Women: Everybody responds to exercise modalities differently, so finding out what you enjoy and what works for your body is key. Strong Women I is designed to improve and sculpt the female body through carefully planned workouts that build from a wide variety of exercises. Through working with a Personal Trainer in a small group setting, participants will be motivated to strengthen their full body in a non-competitive environment. Expanding on equipment, participants will be educated on the fundamentals of weight training and methods to sustain their new lifestyle through adequate nutrition and proper rest for the body. This class is ideal for those interested in learning the basics of weight training while also offering modifications to advance each exercise. Beginners are encouraged to participate however all fitness levels are welcome! (ALL)

Strong Women II: Strong Women II offers progression in strength training knowledge through working with a Personal Trainer. Carefully planned workouts are designed to sculpt and strengthen the female body in a small, supportive, non-competitive group setting. Participants can expect to utilize an array of exercise modalities and equipment, and will gain further knowledge in goal setting, the fundamentals of weight training and methods to sustain their new lifestyle. This class is ideal for those interested in elevating their strength training level or those who wish build upon skills acquired in Strong Women I. Recommend for those who have completed Strong Women 1, however all females prepared to progress their fitness are welcome!

Drop-In-Beginner SUP Yoga: The fastest growing water sport brought to Tucson! Love yoga? Love the water? In Beginner Stand-Up Paddleboard (SUP) Yoga, you stand on a wide surfboard in the calm waters of the Rec. Center pool. ? Intimidated to take a progressive course with Stand-Up Paddleboard Yoga? A beginner Vinyasa yoga class is brought to the pool in a more laid-back environment where it is okay to lose your balance into the pool. This is the best way to gain confidence on the board and take it one class at a time. Condition your core, stability, balance, and concentration in this specialty class. (ALL)

SYNRGY 360: Sweat your way through agility drills, circuits, and intervals on our SYNRGY 360 playground. Utilize ropes, kettlebells, TRX, med balls, boxing bag, and cables for a total body strength and cardio class.

Progressive TRX Suspension Training: NEW! The TRX Suspension Trainer is a unique tool that allows participants to work at their own fitness level, even in a group setting. This program is designed to increase mobility, balance, and core strength using body weight movements. The TRX Suspension Trainer allows us to move better, improving form and function along the way. We will create a solid foundation to build upon each week and continue to progress the movements based on your ability.

5k Training Program: NEW! This 6 week training program is designed to prepare you for the A Mountain 5k taking place on Sunday, October 30th. All levels are welcome to participate while challenging yourself to increase speed and distance each week! (ALL) * If you are interested in running the Tucson Half-Marathon, you will benefit from reregistering for this training and continuing on with the "Half-Marathon Training Program" beginning when this training ends.*

Half-Marathon Training Program: NEW! Cross a half-marathon off your bucket list this semester! This 12-week training program extends beyond the 5k program to prepare you for the Tucson Half-Marathon taking place on Saturday, December 12th. Balance long distance training with speed drills and appropriate recovery days through this training program. (ALL)