

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					HATHA YOGA 60 min
9:00		TBB 60 min		TBB 60 min	
9:30	HIIT 30 min	HIIT 30 min	HIIT 30 min	HIIT 30 min	HIIT 30 min
10:15	CORE & MORE 30 min	BODY COMBAT EXPRESS 30 min	CORE & MORE 30 min	BODY COMBAT EXPRESS 30 min	
11:15		BOOT CAMP 30 min		BOOT CAMP 30 min	
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	
1:15		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	ZUMBA 60 min	BODY PUMP 60 min	ZUMBA 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	VINYASA YOGA 60 min	CORE & MORE 30 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
SUNDAY	
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

NO CLASSES:
Sept. 4, Nov. 10
& Nov. 23-26

CAMPUS RECREATION



Check Website for LATEST UPDATES
rec.arizona.edu/group-fitness

#HealthiestCampus

rev. 8/15/17