

Group Fitness

Summer 2017

June 5- August 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	CYCLE Rise n' Ride 45 min Jen P.	BODY PUMP 60 min Brittany	CYCLE Rise n' Ride 45 min Jen P.	BODY PUMP 60 min Brittany	CYCLE Rise n' Ride 45 min Jen P.
9:30	PILATES 45 min Kate		PILATES 45 min Kate		
10:45	GRIT 30 min Brittany	BODY COMBAT 60 min Julie	GRIT 30 min Brittany	BODY COMBAT 60 min Julie	
12:10 PM	CYCLE 30 min Denise	TOTAL BODY BLAST 60 min Kate	CYCLE 30 min Denise	TOTAL BODY BLAST 60 min Kate	BUTTS'N GUTS 30 min Kate
	VINYASA YOGA 60 min Kelsi	VINYASA YOGA 60 min Kelsi	VINYASA YOGA 60 min Kelsi	VINYASA YOGA 60 min Kelsi	VINYASA YOGA 60 min Kelsi
12:50	AB SOLUTIONS 15 min Denise		AB SOLUTIONS 15 min Denise		AB SOLUTIONS 15 min Kate
4:15	BODY PUMP 60 min Julie	BODY PUMP 60 min Briana	BODY PUMP 60 min Julie	BODY PUMP 60 min Briana	BODY PUMP 60 min Julie
4:30		VINYASA YOGA 60 min Anthony		VINYASA YOGA 60 min Anthony	
5:30	BOOT CAMP 45 min Kate	GRIT 30 min Briana	BOOT CAMP 45 min Kate	GRIT 30 min Briana	BOOT CAMP 45 min Kate
	VINYASA YOGA 60 min Anthony	CYCLE 30 min Paula	VINYASA YOGA 60 min Anthony	CYCLE 30 min Paula	
6:30	WERQ 60 min Jordan	ZUMBA 45 min Jazmin	ZUMBA STRONG by Zumba 60 min Jazmin	ZUMBA 45 min Jazmin	WERQ 60 min Jordan
		TOTAL BODY BLAST 45 min Sarah		TOTAL BODY BLAST 45 min Sarah	
7:45	STEPBOX 45 min Sarah		STEPBOX 45 min Sarah		

SATURDAY	
8:30	CYCLE & PUMP 75 min Lauren
10:00	BODY PUMP 60 min Lauren

Type

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

Locations

ROOM A

ROOM B

SPIN STUDIO

WOODARD

CAMPUS RECREATION



More Info:
rec.arizona.edu/group-fitness

Cardio @ Dance

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)

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 one of the most fun ways to get fit, toned, and a cardio workout. (ALL)

STRONG by Zumba® NEW: The music in STRONG by Zumba was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A Group Fitness experience like no other! (INT)

Cardio @ Strength

BODYCOMBAT™: A high-energy martial arts-inspired workout that is 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: 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: 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)

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)

Butts & Guts: Strengthen and tone the core area of the body including your abs, back, obliques, and butt. Focus on the muscles that stabilize your entire body, promote good posture, and create a solid core for the rest of your workouts. (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!

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)

Pedal & Pump: Kickstart your weekend with 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 minimal equipment. 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)

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

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)

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)

More Group Fitness Info: rec.arizona.edu/group-fitness

GENERAL INFO

ARRIVAL: Arrive on time. Late entry not allowed.

CANCELLATION 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: REC.ARIZONA.EDU/GROUP-FITNESS.

SPECIALTY FITNESS: Session-based classes, progressive in nature. Schedule below. Individual class registration required. Separate fees apply.