

# FITNESS & WELLNESS

Spring 2018

## Group Fitness

GET ACTIVE • LIVE HEALTHY • BE WELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE & ROLL 6:20 - 7:15am	CYCLE 6:30 - 7:00am	RIDE & ROLL 6:20 - 7:15am	PILATES 6:30 - 7:15am	RIDE & ROLL 6:20 - 7:15am	BIKE & BODYWEIGHT 9:00 - 10:15am	
BOOTCAMP 6:30 - 7:30am	TBB EXPRESS 7:00 - 7:30am	BOOTCAMP 6:30 - 7:30am	CYCLE 6:30 - 7:00am	HIIT 9:30 - 10:00am	HIIT 10:30 - 11:00am	
VINYASA YOGA 6:30 - 7:30am	HIIT 7:45 - 8:15am	VINYASA YOGA 6:30 - 7:30am	TBB EXPRESS 7:00 - 7:30am	Core & More 10:15 - 10:45am	CORE & MORE 11:15 - 11:45am	
TBB 8:00 - 9:00am	BIKE & BODYWEIGHT 8:30 - 9:45am	CORE & MORE 7:45 - 8:15am	HIIT 7:45 - 8:15am	Body Attack 12:10 - 1:10pm	BODY PUMP 12:00 - 1:00pm	
HIIT 9:30 - 10:00am	HIIT 10:00 - 10:30am	BODY PUMP 9:30 - 10:30am	BIKE & BODYWEIGHT 8:30 - 9:45am	SAMPOORNA YOGA 12:10 - 1:10pm	ZUMBA 1:15 - 2:15pm	
YOGA SCULPT 10:00 - 11:00am	BODY PUMP 12:10 - 12:55pm	HIIT 9:30 - 10:00am	HIIT 10:00 - 10:30am	HAPPY HOUR 5:00 - 6:00pm		
CORE & MORE 10:15 - 10:45am	VINYASA YOGA 12:10 - 1:10pm	YOGA SCULPT 10:00 - 11:00am	BODY PUMP 12:10 - 12:55pm	CYCLE 5:30 - 6:00pm	Body Pump 11:00 - 11:45am	
PILATES 12:00 - 12:45pm	CYCLE 12:10 - 12:40pm	CORE & MORE 10:15 - 10:45am	VINYASA YOGA 12:10 - 1:10pm		CYCLE 2:30 - 3:00pm	
STEP 12:10 - 1:00pm	TBB 2:30 - 3:30pm	TBB EXPRESS 12:00 - 12:30pm	CYCLE 12:10 - 12:40pm		TBB 3:15 - 4:15pm	
HIIT 12:10 - 12:40pm	ZUMBA 5:30 - 6:30pm	BODY ATTACK 12:10 - 1:10pm	TBB 2:30 - 3:30pm			
HIIT 2:30 - 3:00pm	CYCLE 5:30 - 6:00pm	YOGA 12:10 - 1:10pm	ZUMBA 5:30 - 6:30pm			
PILATES 4:30 - 5:30pm	BODY PUMP 5:30 - 6:30pm	HIIT 12:10 - 12:40pm	CYCLE 5:30 - 6:00pm			
BODY COMBAT 5:15 - 6:15pm	POWER YOGA 6:00 - 7:00pm	PILATES 4:30 - 5:30pm	BODY PUMP 5:30 - 6:30pm			
CYCLE 5:30 - 6:00pm	HIIT 6:45 - 7:15pm	BODY PUMP 5:15 - 6:15pm	POWER YOGA 6:00 - 7:00pm			
ZUMBA 6:00 - 7:00pm	WERQ 7:30 - 8:30pm	CYCLE 5:30 - 6:00pm	GRIT 6:45 - 7:15pm			
BOOTCAMP 6:30 - 7:30pm	TBB EXPRESS 7:30 - 8:00pm	BODY ATTACK 6:30 - 7:30pm	WERQ 7:30 - 8:30pm			
YOGA & MEDITATION 6:30 - 7:30pm	Hatha Yoga 8:15 - 9:15pm	BOOTCAMP 6:30 - 7:30pm	TBB EXPRESS 7:30 - 8:00pm			
HIIT 6:45 - 7:15pm		YOGA & MEDITATION 6:30 - 7:30pm	HATHA YOGA 8:15 - 9:15pm			
VINYASA YOGA 7:30 - 8:30pm		BODY PUMP 7:15 - 8:15pm				
TBB 8:15 - 9:15pm		HIIT 7:30 - 8:00pm				
		TBB 8:15 - 9:15pm				

### CLASS FORMAT

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

### LOCATIONS

WOODARD	LARSON
SMART MOVES	BOULDERING
ROOM A	ROOM B

### SPIN STUDIO

CLASSES: March 9 - May 2

## 1/2 OFF

### GROUP FITNESS PASS

Only \$30/\$40

rev4/16/18

## CAMPUS RECREATION



Check Website for LATEST UPDATES  
[rec.arizona.edu/group-fitness](http://rec.arizona.edu/group-fitness)

#HealthiestCampus

## 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 ones 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)

**STEP:** This choreographed routine will develop both cardiovascular and muscular endurance, while sculpting the body. Using a bench raised to your chosen height, follow this cardiovascular conditioning focused workout to train not just your legs, but your whole body! (ALL)

## Cardio & Strength

**BODYCOMBAT™ :** A high-energy cardio kickboxing workout. This class is perfect for anyone new or experienced to BodyCombat. 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)

**Boot Camp:** Looking for resistance and cardiovascular training all in one? Use equipment that utilizes full body exercises such as battle ropes, ladders, and boxes that will help you increase strength, endurance, flexibility and functional movement. This class is great for anyone wanting to get some variety out of their workouts! (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)

**BODYATTACK™:** A high-energy fitness class with moves catered for total beginners to veterans. Combining functional movements like running, jumping, lunges, and other body-weight exercises, our instructor will push you through an energizing workout that will challenge your limits, burn calories, all leave you feeling strong! (ALL)

## 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)

**TBB Express:** Strength training doesn't have to take hours in the weight room. Focus on creating lean muscle with weights, med balls, BOSU's and other equipment to blast calories and shape your body. Total Body Blast Express is a traditional weight training class all in just 30 minutes! (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)

**Bike & Bodyweight:** Kick start your day 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)

**Ride & Roll:** Combine the benefits of indoor cycling with self-myofascial release in this opportunity that provides both. Building muscular strength and cardiovascular endurance on the bike, work through sprints, endurance work, climbs and interval training with this low-impact workout. After your ride use a foam roller to increase your mobility, flexibility, strength, and performance on and off the bike! (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)

**Yoga & 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)

**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)

**Sampoorna Yoga:** Integrating elements of Hatha, Bhakti, and Jnana practices, Sampoorna places a strong emphasis on rhythm of the breath and achieving a sense of fullness from within. Participants will harmonize and transform the whole being, physically, emotionally, mentally and intellectually in this calming practice.

**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 yoga format 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)