<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30</td>
<td>SPIN</td>
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<td></td>
<td></td>
<td>SPIN</td>
<td></td>
<td>YOGA FLOW</td>
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<tr>
<td>7:30</td>
<td>TOTAL BODY BLAST</td>
<td>POWER YOGA</td>
<td>PILATES</td>
<td>VINYASA YOGA</td>
<td>TOTAL BODY BLAST</td>
<td>BODY PUMP</td>
<td></td>
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<tr>
<td>12:00</td>
<td>WARRIOR FLOW</td>
<td>VINYASA YOGA</td>
<td>BODY N BARR</td>
<td>PILATES</td>
<td>BODY N BARR</td>
<td>ZUMBA</td>
<td></td>
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<tr>
<td>12:10</td>
<td>MID DAY BOOTCAMP</td>
<td>HYDRO TRAINING</td>
<td>MID-DAY BOOT CAMP</td>
<td></td>
<td></td>
<td>5:00</td>
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<tr>
<td>4:45</td>
<td>HIIT SPIN</td>
<td>BUTTS N GUTS</td>
<td>HIIT SPIN</td>
<td>TABATA</td>
<td>CORE N MORE</td>
<td>HIIT</td>
<td></td>
</tr>
<tr>
<td>5:30</td>
<td>BODY PUMP</td>
<td>BODY COMBAT</td>
<td>BODY PUMP</td>
<td>BODY COMBAT</td>
<td>ZUMBA</td>
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<tr>
<td>6:00</td>
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<td>POWER YOGA</td>
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<td>7:00</td>
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</tbody>
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**June 1–August 1**

- Over 40 classes to enjoy!

**Group Fitness Pass On Sale May 17th!**

- $49/$69 Full Summer Pass

**GROUP FITNESS @ CAMPUS REC SUMMER 2015**

- 45–MINUTE CLASSES, UNLESS INDICATED
- 30–MINUTE CLASSES
**GROUP FITNESS CLASSES**

**BODY N BARRE:** Through a combination of body weight and weight lifting moves, you will tone your upper body in this quick pace, butt kicking barre using class. The perfect lunchtime class to get a great full body workout in.

**LES MILL’S BODYCOMBAT™:** Is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, Taekwondo, tai chi and muay thai. Experience the driving music and powerful role model instructors which make BODYCOMBAT™ the world’s most popular martial arts group fitness class!

**LES MILL’S BODYPUMP™:** For anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It can burn up to 950 calories. Instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

**BUTTS N GUTS:** Strength and tone the core area of the body including your abs, back, and butt. Come transform your body and help get your greatest “assets” feeling great.

**CORE N MORE:** Interested in getting a quick CORE workout in? This class will focus on the core area, including the abdominals, lower back, gluts, and obliques! This 30–minute class will get you abs engaged, burned, and looking better in no time!

**MID DAY BOOT CAMP:** Are you looking for resistance and cardiovascular training? This class includes circuits, athletic exercises and drills that keep you moving and motivated! You will be encouraged to work at your own level so everyone is welcome! (INT)

**HIIT:** High intensity interval training designed to increase stamina, cardiovascular endurance, & strength. (INT)

**HIIT SPIN:** An enhanced form of interval training in the indoor cycling setting, alternating VO2max training in the upper aerobic and anaerobic zones (80-90% MHR) with steady state training and active recovery in the aerobic endurance zones (65-80% MHR). This 45–minute workout is designed to provide improved athletic capacity and condition, improved glucose metabolism and improved fat burning.

**HYDRO TRAINING:** Looking to do some sport conditioning, but want to mix it up a little?! Hydro training is athletic training in the pool! Using the water as your resistance, you will learn new methods for training your body and condition for endurance related sports! Try this new class today!

**PILATES:** This mind and body discipline class follows a series of movements which deliver strength, flexibility and endurance. Through the course of this class, there will be various floor and standing positions that target the core area.

**POWER YOGA:** A dynamic and challenging yoga style. Expand your practice and open up in this powerful flow class! Learn about the power of proper alignment, breathing and the benefits it can provide. (INT/ADV)

**SPIN (SPINNING®):** This is an energizing workout that blends cycling technique, breathing awareness, and heart rate training into one. Each class is different and unique to the instructor! Music, core training, and stretching vary per class! Try them all & see which RIDE you enjoy the most. SPD’s clips are available on bikes.

**SPIN N CORE:** Designed to get your legs burning, your core engaged, and your heart pumping! After completing an intense 45–minute spin class, participants will be put through a series of core exercises to aid in the strength and conditioning of their mid-section!

**TABATA:** A series of high intensity exercises partnered with quick breaks to maximize calories burned and muscle fatigue!

**TBB (TOTAL BODY BLAST):** Busy? Looking to get a full body workout in? This is the class for you. Using a variety of equipment, this class will be a full body circuit to help you get in, workout, and get out! This class is for everyone!

**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. Appropriate for all yoga enthusiasts.

**WARRIOR FLOW:** This class is a full body workout that brings out the warrior and strength within. Sweat to some good tunes, tone your entire body, and end with a relaxation to create a deeper power in your stance of being.

**YOGA FLOW:** A flow class that offers students access to greater strength and flexibility via clear and specific alignment instructions. Its aim is to be the most doable yet difficult class in the context of fun with the sound track to match!

**ZUMBA®:** This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It’s one of the best ways to get fit, toned, and a cardio workout. It is easy to do, effective, and exhilarating!

**GENERAL INFORMATION**

**FITNESS 2 U!** We bring fitness to you! Our certified fitness instructors and personal trainers will come to your location and provide your group with a personalized class or lecture.

Questions: Contact Casandra at 626-6544

**SESSION BASED CLASSES:** Looking for small group training? We have yoga, Pilates, weight training, weight loss, boot camp, and more. Visit: [REC.ARIZONA.EDU/PROGRAM/FITNESS-WELLNESS](http://REC.ARIZONA.EDU/PROGRAM/FITNESS-WELLNESS)

**SPECIAL INTEREST ACTIVITY CLASSES:** Available for those with interest in Belly Dancing, Hip Hop, Tai Chi, Krav Maga, and more! Visit: [REC.ARIZONA.EDU/PROGRAM/SPECIAL-INTEREST](http://REC.ARIZONA.EDU/PROGRAM/SPECIAL-INTEREST)

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**ALL CLASSES CAN BE MODIFIED! PLEASE TALK TO YOUR INSTRUCTOR PRIOR TO CLASS ABOUT YOUR FITNESS LEVEL.**

Valid Fitness Pass required to attend classes • One-Class Passes $7 • Fitness Passes are non-transferable and non-refundable • Arrive on time/late entry not allowed • Appropriate attire needs to be worn. Physician’s clearance recommended prior to beginning any exercise program • Schedule subject to change • Visit website for most current schedule including cancellations

All classes are 45–minutes unless noted • Classes appropriate for all skill levels unless noted (BEG=Beginner, INT=Intermediate, ADV=Advanced)