# Group Fitness @ Campus Rec

**January 19 - May 4, 2016**

**MONDAY**
- 6:30: Rise N Ride 45 min
- 6:45: Pilates 45 min
- 7:00: Sunrise Yoga 45 min
- 7:30: Yoga 45 min
- 12:10: Total Body Blast 30 min
- 4:45: Cycle Hiit 30 min
- 5:00: Cycle N Core 45 min
- 6:00: CYCLE N CORE 45 min
- 6:30: Zumba 45 min
- 6:45: Body Pump 45 min
- 7:30: Pilates 45 min
- 7:45: Ab Solutions 15 min
- 8:30: Flow Yoga 60 min

**TUESDAY**
- 6:30: Rise N Ride 45 min
- 6:45: Pilates 45 min
- 7:00: Sunrise Yoga 45 min
- 7:30: Yoga 45 min
- 12:10: Total Body Blast 30 min
- 4:45: Cycle Hiit 30 min
- 5:00: Cycle N Core 45 min
- 6:00: Cycle N CORE 45 min
- 6:30: Zumba 45 min
- 6:45: Body Pump 45 min
- 7:30: Pilates 45 min
- 7:45: Ab Solutions 15 min
- 8:30: Flow Yoga 60 min

**WEDNESDAY**
- 6:30: Rise N Ride 45 min
- 6:45: Pilates 45 min
- 7:00: Sunrise Yoga 45 min
- 7:30: Yoga 45 min
- 12:10: Express Body Pump 30 min
- 4:45: Cycle HIIT 30 min
- 5:00: Total Body Blast 30 min
- 6:00: Express Body Pump 30 min
- 6:30: Piyo 45 min
- 6:45: Body Pump 45 min
- 7:30: Piyo 45 min
- 7:45: Ab Solutions 15 min
- 8:30: Candlelight Yoga 60 min

**THURSDAY**
- 6:30: Rise N Ride 45 min
- 6:45: Pilates 45 min
- 7:00: Sunrise Yoga 45 min
- 7:30: Yoga 45 min
- 12:10: Express Body Pump 30 min
- 4:45: Cycle HIIT 30 min
- 5:00: Total Body Blast 30 min
- 6:00: Express Body Pump 30 min
- 6:30: Piyo 45 min
- 6:45: Body Pump 45 min
- 7:30: Piyo 45 min
- 7:45: Ab Solutions 15 min
- 8:30: Warrior Yoga 60 min

**FRIDAY**
- 6:30: Rise N Ride 45 min
- 6:45: Pilates 45 min
- 7:00: Sunrise Yoga 45 min
- 7:30: Yoga 45 min
- 12:10: Express Body Pump 30 min
- 4:45: Cycle HIIT 30 min
- 5:00: Total Body Blast 30 min
- 6:00: Express Body Pump 30 min
- 6:30: Piyo 45 min
- 6:45: Body Pump 45 min
- 7:30: Piyo 45 min
- 7:45: Ab Solutions 15 min
- 8:30: Candlelight Yoga 60 min

**SATURDAY AM**
- 10:15: Cycle Hiit 30 min
- 11:00: Body Pump 55 min
- 4:45: Body Pump 60 min

**SATURDAY PM**
- 4:45: Body Pump 60 min
- 6:00: Zumba 45 min
- 7:00: Cycle 45 min
- 8:00: Flow Yoga 60 min

**Legend**
- **Cycle**
- **Strength**
- **Mind & Body**
- **Cardio**
- **Strength & Cardio**
- **Core**
- **Strength & Core**

**Beginning 3/7**
- 1/2 off GF Pass: $30/$40

**NO Classes**
- Spring Break
- March 12-20

**Fitness Campus Rec**
- Rec.arizona.edu/group-fitness
### SPECIALTY FITNESS CLASSES: SPRING 2015

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>3:15 PM</strong></td>
<td>FAST 45 min</td>
<td>FAST 45 min</td>
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<td><strong>4:00 PM</strong></td>
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<tr>
<td><strong>5:15 PM</strong></td>
<td>Intro to Yoga 45 min</td>
<td>Wildcat Weight Loss 50 min</td>
<td>Intro to Yoga 45 min</td>
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<td><strong>5:30 PM</strong></td>
<td>Couch to 5K 60 min</td>
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<tr>
<td><strong>6:15 PM</strong></td>
<td>Int SM GRP Yoga 45 min</td>
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<tr>
<td><strong>6:30 PM</strong></td>
<td>Strong Women 45 min</td>
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<tr>
<td><strong>7:30 PM</strong></td>
<td>IndoBoard Yoga 45 min</td>
<td>Fit ESL Students 75 min</td>
<td>IndoBoard Yoga 45 min</td>
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### MODIFICATIONS

**Classes appropriate for all levels.** Modifications available. Talk to instructor prior to class about fitness level. Physician’s clearance recommended.

**FITNESS PASS:** Valid Group Fitness Pass (non-transferable/non-refundable) required to attend drop-in classes. One-Class Pass ($7) available.

**ARRIVAL:** Arrive on time. Late entry not allowed.

**GEAR:** Appropriate attire required. Hydration recommended. Equipment provided.

**SCHEDULE:** Schedule subject to change. Most current schedule, including any cancellations on website: [REC.ARIZONA.EDU/GROUP-FITNESS](http://rec.arizona.edu/group-fitness)

**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.

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

### CLASS REGISTRATION

Class Registration Required at [REC.ARIZONA.EDU/FITNESS](http://rec.arizona.edu/fitness) | Separate Class Fee Applies | Session-Based & Progressive in Nature

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**NEW!! AB SOLUTIONS:** It may only be 15 Minutes, but it’ll leave you burning! This highly concentrated core workout focuses on the abdominal and lower back muscles.

**BARRE:** Lengthen, strengthen, and tone your entire body. Using body weight, light resistance, and high repetitions - this class engages those smaller muscles commonly missed in typical workouts. Barre is based on techniques from yoga, Pilates, and ballet and will make your body stronger and more flexible.

**BODY COMBAT®** A high-energy martial arts-inspired workout that is totally non-contact. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

**BODY JAM™:** The ultimate combination of music and dance! House, Hip-hop, Drum ‘n’ Bass, Trap, all styles of electronic dance music, it’s the soul of BODY JAM™. Come try it out to get a killer workout and burn calories!

**BODY PUMP®:** For those 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 900 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 GUTTS:** 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.

**CANDLELIGHT YOGA:** Take time at the end of the day to realign your body and mind. A peaceful yoga style class to help you relax and prepare for the rest of your night.

**NEW!! INT SM GRP YOGA:** A hybrid, athletic workout combining the mind/body practices of yoga and Pilates, and the principles of stretch, strength training, conditioning and dynamic movement. Stand in a yoga pose one minute; be down on the floor in a Pilates pose the next.

**NEW!! RISE N RIDE:** Early morning energizing workout that blends cycling technique, breathing awareness, and heart rate training. Music, core training, and stretching vary by class and instructor. Try them all and see which RIDE you enjoy. SPD clips available.

**NEW!! SUNRISE YOGA** (STARTS FEB 1st): A wonderful start to the day. Students guided through a series of fundamental based postures. Begin each day on your mat to help awaken and energize body, mind, & breath. Bring your own mat; mats not provided.

**NEW!! TIRES N ROPES:** Outdoor circuit-based class combining tire flipping, weighted medicine balls, battle ropes & more. For all fitness levels; challenging both physically & mentally.

**TOTAL BODY BLAST (TBB):** This class will incorporate weights, balls, and BOSU's to blast calories, create lean muscle, and shape your body. Total Body Blast will leave you feeling good and wanting more.

**NEW!! URBAN BOOTCAMP:** Outside & away from the typical “gym” workout. Intense full body workout that works all muscles doing drills (push-ups, jumping jacks, and abs).

**VINYASA/FLOW 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.

**YIN YOGA:** A quiet practice that compliments your dynamic practice by releasing energy to the joints rather than the muscles. A smaller number of poses are held comfortably for approximately 2-3 minutes similar to short meditation.

**YOGA SCULPT:** This flow yoga class uses weights to add an additional challenge to the workout! Targets the full body and assist with stretching, yoga practice, and weight training. Offers plyometric training, cardiovascular workouts, yoga, and weight-lifting all in one workout can be modified for all fitness levels.

**ZUMBÀ:** Dance-based fitness class features exotic rhythms that are set to high-energy Latin and international beats. One of the best ways to get fit, toned, and a cardio workout. It is easy to do, effective, and exhilarating!