# Group Fitness @ Campus Rec

**Session 2**

### Monday
- 6:30: Rise N Ride 30 min - Jen
- 12:10: Express Body Pump 35 min - Julie
- 3:30: Cycle HIIT 30 min - Mary
- 5:00: Zumba 45 min - Jazmin
- 5:30: HIIT 30 min - Briana
- 6:00: Body Combat 45 min - Melina
- 6:15: Warrior Flow 45 min - Phoebe
- 7:00: Candlelight Yoga 60 min - Ali
- 7:30: Vinyasa Yoga 60 min - Tatiana
- 8:00: Flow Yoga 60 min - Emily B

### Tuesday
- 6:30: Flow Yoga 45 min - Emily B
- 12:10: Total Body Blast 30 min - Denise
- 3:30: Restorative Yoga 60 min - Patricia
- 5:00: Flow Yoga 45 min - Emily B
- 5:30: GRIT 30 min - Patricia
- 6:00: Body Combat 45 min - Melinda
- 6:15: Body Pump 45 min - Briana
- 7:00: Strong Women 45 min - Melina
- 7:30: Intro to Yoga 50 min - Emily B
- 8:00: Flow Yoga 60 min - Emily B

### Wednesday
- 6:00: Flow Yoga 45 min - Emily B
- 12:10: Yoga Burn 60 min - Ali
- 3:30: Flow Yoga 45 min - Emily B
- 5:00: HIIT 30 min - Denise
- 5:30: CYCLING 30 min - Denise
- 6:00: Flow Yoga 60 min - Emily B
- 6:15: Body Combat 45 min - Emily B
- 7:00: Rise N Ride 30 min - Dana
- 7:30: Flow Yoga 45 min - Emily B
- 8:00: Flow Yoga 60 min - Emily B

### Thursday
- 6:00: Rise N Ride 30 min - Jen
- 12:10: Body Combat 45 min - Emily B
- 3:30: Cycle HIIT 30 min - Mary
- 5:00: Flow Yoga 45 min - Emily B
- 5:30: Body Combat 45 min - Emily B
- 6:00: Flow Yoga 60 min - Emily B
- 6:15: Flow Yoga 60 min - Emily B
- 7:00: HIIT 45 min - Melinda
- 7:30: Flow Yoga 45 min - Emily B
- 8:00: Flow Yoga 60 min - Emily B

### Friday
- 6:30: Rise N Ride 30 min - Jen
- 12:10: Flow Yoga 60 min - Emily B
- 3:30: Flow Yoga 60 min - Emily B
- 5:00: Flow Yoga 45 min - Emily B
- 5:30: Body Combat 45 min - Emily B
- 6:00: Flow Yoga 60 min - Emily B
- 6:15: Flow Yoga 60 min - Emily B
- 7:00: HIIT 45 min - Melinda
- 7:30: Flow Yoga 45 min - Emily B
- 8:00: Flow Yoga 60 min - Emily B

### Saturday
- 10:45: Body Pump 60 min - Julie
- 12:00: Flow Yoga 60 min - Emily B

### More Info:
rec.arizona.edu/group-fitness
SUMMER 2016

SPECIALTY FITNESS CLASS DESCRIPTIONS

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 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 990 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! 

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.

CYCLE HIIT: 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). In layman’s terms, each interval will encourage you to push yourself hard then rest to recover before repeating. 30-minutes of this type of interval training will provide improved athletic endurance, increased metabolism, and improved fat burning.

CYCLING: 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, cycling intervals, and stretching vary per class. Try them all & see which RIDE you enjoy the most. SPD’s clips are available on bikes.

EXPRESS BODY PUMP™: For those looking to get lean, toned and fit—easier. Enjoy this 30-minute version of BODYPUMP™ that works all the major muscles using light to moderate weights with lots of repetition. Our instructor 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! You’ll leave the class feeling challenged and motivated, ready to come back for more.

GRIT™: A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit fast.

HIIT (High Intensity Interval Training): 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.

RESTORATIVE 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. Pair this recovery class with some of our other higher intensity classes to create a well-rounded fitness routine.

RISE N RIDE: An energizing, early morning workout that will get you up and ready for your day. Our instructor will guide you through various cycling intervals that are sure to make you sweat! Music and teaching styles vary by cycling class and instructor, so try them all and see which RIDE you enjoy. SPD clips available.

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.

TOUR DE UA: Cycle like the pros in our indoor version of the Tour de France. Workouts will mimic the pre-race training and the terrain the professionals ride throughout the race. Our instructor will encourage you to work like the pros to become stronger and quicker.

VINYASA/FLOW YOGA: A discipline which utilizes a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Appropriate for all yoga levels.

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 BURN: This vibrant, high-energy yoga format focuses on the physical aspects of yoga, pairing the asanas with isometric exercise and Pilates concepts to make your muscles burn. Leave feeling challenged, but refreshed!

ZUMBA®: 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 raise your heart rate all while having a blast! This class is easy to follow, effective, and exhilarating!

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.

SPECIALTY FITNESS CLASS DESCRIPTIONS

INTRO TO YOGA: $45, Introduction to Yoga will teach participants the basics of yoga and the benefits that come along with a continual yoga practice. If you are new to yoga or want to make sure you are practicing correctly, this class will help you become more confident in the classroom and/or during your own personal practice. Intro to Yoga is ideal for beginners, but can be modified for anyone who wants to participate. Class is held in Drachman Hall in room A101 on the first floor of the south end of the building.

STRONG WOMEN: $45, Strong Women is designed to sculpt the female body and help participants learn to win and gain strength. This class will teach the foundational methods of working out by showing women how to achieve fitness goals by utilizing weights. This class is ideal for those who want to learn about proper lifting form, how to use a variety of equipment, and how to maximize your workout in a short amount of time. This class is ideal for beginners and intermediate level fitness participants, but everyone is welcome to sign up! This class is located upstairs in the Campus Recreation Center, but can be accessed via the elevator.

WILDCAT WEIGHT LOSS: $50, Wildcat Weight Loss is designed to help participants shed weight, tone up, and feel their best! Losing weight is all about burning more calories while making smart food choices and positive changes. This class is designed to teach participants about proper exercise methods, assist with nutrition changes/ options, and facilitate positive behavior change. In addition to increasing health and fitness knowledge, this class will provide participants with new, supportive, relationships with others in the class striving for the same goals. If you are looking to make some positive changes in your life and need some guidance, this class will help you! This class is located in the Campus Recreation Center, and alternates between Woodard, located upstairs (accessible via the elevator), and the Smart Moves Studio on the first floor near the Front Desk.

Class Registration Required at rec.arizona.edu/fitness | Separate Class Fee Applies | Session-Based & Progressive in Nature