FREE Group Fitness Week at Campus Recreation
August 22-26, 2016

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<td>Tatiana</td>
<td>Gabby</td>
<td>Emily P</td>
<td>Kimmy</td>
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*All classes will be held in Room B*

**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 590 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.

**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.

**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.

**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.

**VINAYASA YOGA**: A discipline which uses a series of flowing poses 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.

**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!
GROUP FITNESS @ CAMPUS REC  
August 29 - December 7

**MONDAY**
- 6:30 AM: RISE N RIDE 45 min
- 7:15 AM: PILATES 45 min
- 8:30 AM: VINYASA YOGA 60 min
- 10:00 AM: BODY COMBAT 45 min
- 10:30 AM: BODY PUMP 60 min
- 11:30 AM: BODY PUMP 60 min
- 12:00 PM: BODY COMBAT 45 min
- 12:30 PM: BODY PUMP 55 min
- 1:00 PM: HIIT 45 min
- 1:30 PM: BODY PUMP 55 min
- 2:00 PM: CYCLE N CORE 45 min
- 2:30 PM: VINYASA YOGA 45 min
- 3:00 PM: GRIT 30 min
- 3:30 PM: BODY PUMP 60 min
- 4:00 PM: BODY PUMP 55 min
- 5:00 PM: VINYASA YOGA 45 min
- 5:30 PM: AB SOLUTIONS 30 min

**TUESDAY**
- 6:30 AM: URBAN BOOTCAMP 45 min
- 7:15 AM: YOGA SCULPT 60 min
- 8:30 AM: VINYASA YOGA 45 min
- 10:00 AM: URBAN BOOTCAMP 45 min
- 10:30 AM: BODY PUMP 60 min
- 11:30 AM: TOTAL BODY BLAST 45 min
- 12:00 PM: TOTAL BODY BLAST 30 min
- 1:00 PM: ZUMBA 45 min
- 1:30 PM: VINYASA YOGA 45 min
- 2:00 PM: BODY PUMP 60 min
- 3:00 PM: HIIT 45 min
- 4:00 PM: BODY PUMP 60 min
- 5:00 PM: ZUMBA 45 min

**WEDNESDAY**
- 6:30 AM: CYCLE W/ THE PROS 45 min
- 7:15 AM: PILATES 45 min
- 8:30 AM: VINYASA YOGA 45 min
- 10:00 AM: CYCLE N CORE 45 min
- 10:30 AM: YOGA SCULPT 45 min
- 11:30 AM: VINYASA YOGA 45 min
- 12:00 PM: RESTORATIVE YIN YOGA 60 min
- 1:00 PM: HIIT 45 min
- 2:00 PM: BODY PUMP 60 min
- 3:00 PM: TOTAL BODY BLAST 45 min
- 4:00 PM: AB SOLUTIONS 30 min
- 5:00 PM: BODY PUMP 60 min

**THURSDAY**
- 6:30 AM: RISE N RIDE 45 min
- 7:15 AM: VINYASA YOGA 45 min
- 8:30 AM: YOGA SCULPT 60 min
- 10:00 AM: RISE N RIDE 45 min
- 10:30 AM: BODY PUMP 60 min
- 11:30 AM: TOTAL BODY BLAST 30 min
- 12:00 PM: TOTAL BODY BLAST 30 min
- 1:00 PM: HIIT 30 min
- 2:00 PM: BODY PUMP 60 min
- 3:00 PM: BODY PUMP 60 min
- 4:00 PM: PIYO 60 min

**FRIDAY**
- 6:30 AM: URBAN BOOTCAMP 45 min
- 7:15 AM: VINYASA YOGA 45 min
- 8:30 AM: YOGA SCULPT 60 min
- 10:00 AM: BODY PUMP 60 min
- 10:30 AM: TOTAL BODY BLAST 45 min
- 11:30 AM: TOTAL BODY BLAST 30 min
- 12:00 PM: VINYASA YOGA 45 min
- 1:00 PM: BODY PUMP 60 min
- 2:00 PM: HIIT 45 min
- 3:00 PM: BODY PUMP 60 min
- 4:00 PM: PIYO 60 min

**SATURDAY**
- 10:00 AM: CYCLE 30 min
- 10:45 AM: BODY PUMP 60 min
- 12:00 PM: VINYASA YOGA 60 min
- 3:00 PM: HIIT 30 min
- 3:40 PM: AB SOLUTIONS 20 min

**SUNDAY**
- 4:15 PM: VINYASA YOGA 60 min
- 5:30 PM: TOTAL BODY BLAST 45 min
- 6:30 PM: ZUMBA 45 min
- 7:30 PM: VINYASA YOGA 60 min

**Locations**
- DRACHMAN
- BOULDERING
- LARSON
- ROOM B
- SPIN STUDIO

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

**Group Fitness Pass only $59/$79**

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

Schedule continues on back

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**Locations**
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- BOULDERING
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- ROOM B
- SPIN STUDIO

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

For complete class descriptions: [rec.arizona.edu/group-fitness](http://rec.arizona.edu/group-fitness)

**NO CLASSES:** Sept. 5 (Labor Day) • Nov. 11 (Veterans Day) • Nov. 24-27 (Thanksgiving)

**GROUP FITNESS @ CAMPUS REC** August 29 - December 7  
**FALL 2016**
**Cardio & Dance**

**BODYJAM™**: 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 BODYJAM. Come try out BODYJAM to get a killer workout and burn calories! (ALL)

**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)

**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)

**Cardio & Strength**

**BODYCOMBAT™**: 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. (ALL)

**BootCamp (Moonlight NEW!/Urban)**: 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 NEW!**: 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)

**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)

**Tires n’ Ropes**: A non-traditional workout at the Bouldering Wall outside using battle ropes and the various weighted tires to challenge your body in new and exciting ways. Each class will be different to keep your muscles guessing. Come prepared with breathable attire and water! Inclement weather will bring the class indoors to the Raquetball courts located on the 2nd floor. (INT)

**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)

**Barre Strength**: Lengthen, strengthen, and tone your entire body! Using body weight, light resistance, and high repetition - this class engages those smaller muscles commonly missed in typical workouts. Based on techniques from yoga, Pilates, and ballet, Barre will make your body stronger and more flexible! (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! (ALL)

**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)
**Group Fitness Classes: 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.

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**Cycle n’ Core:** Put a new spin on your core workout with this heart-pounding, endurance-building class that fuses the best of indoor cycling with our signature ABsolutions workout. Push through the resistance as you conquer hills, jumps and sprints throughout this sweaty, calorie-burning journey. After the ride, keep the momentum going as you hit the mat for a core strengthening cool down. See you at the finish line. (ALL)

**Cycle with the Pros! NEW!:** Join our Professional Fitness Staff members as they coach you through intervals with varying resistance and speeds. These classes will focus on improving indoor cycling technique while challenging your cardiovascular system. (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)

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**Mind/Body**

**Candlelight Yoga:** Take time at the end of the day to realign your body and mind. Join us for a peaceful yoga style class that will help you relax and prepare for the rest of your night. (ALL)

**Pilates®:** This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advance training and core strength. A combination of purposeful movements to improve posture, muscle endurance, core stability, and can help to reduce stress. (ALL)

**PiYo™:** Is all about strength training and core conditioning for people who want to sweat their way to, increased core strength and greater stability! Pilates & Yoga formats are fused together to improve dynamic balance, strength, & functional training. (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)

**Restorative Yin Yoga:** Connect with your mind, body, and spirit in this restorative yoga class designed for all levels providing a variety of health benefits. This relaxing yoga class will combine breath work with other stress-management techniques to leave you feeling relaxed and restored. Postures are held for 2-3 minutes of time to initiate deeper relaxation of the body and mind. (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)

**Yoga Sculpt:** This flow yoga class 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)