

SPRING SCHEDULE

GROUP
FITNESS

F45

STUDIOSEVEN
7



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 STUDIOSEVEN 7 OPTIMIZE 6:30 - 7:30 AM	 SUNRISE YOGA 6:30 - 7:30 AM	 STUDIOSEVEN 7 OPTIMIZE 6:30 - 7:30 AM	 SUNRISE YOGA 6:30 - 7:30 AM	 CYCLE 7:00 - 7:30 AM	 FUSION FLOW 8:30 - 9:15 AM
 POWER YOGA 6:45 - 7:45 AM	 CYCLE 7:00 - 7:30 AM	 YOGA SCULPT 6:45 - 7:45 AM	 CYCLE 7:00 - 7:30 AM	 F45 10:30 - 11:30 AM	 RIDE REP & RESTORE 9:00 - 10:15 AM
 CYCLE 7:00 - 7:30 AM	 F45 7:00 - 8:00 AM	 CYCLE 7:00 - 7:30 AM	 F45 7:00 - 8:00 AM	 STUDIOSEVEN 7 IGNITE 12:15 - 1:15 PM	 F45 10:15 - 11:15 AM
 F45 7:30 - 8:30 AM	 GUIDED MEDITATION 9:00 - 9:15 AM	 F45 7:30 - 8:30 AM	 CYCLE 8:30 - 9:00 AM	 F45 1:30 - 2:30 PM	 STUDIOSEVEN 7 OPTIMIZE 10:30 - 11:30 AM
 CYCLE 8:30 - 9:15 AM	 F45 9:30 - 10:30 AM	 CYCLE 8:30 - 9:15 AM	 GUIDED MEDITATION 9:00 - 9:15 AM	 YOGA & MEDITATION 2:30 - 3:30 PM	
 F45 9:30 - 10:30 AM	 CYCLE 12:00 - 12:30 PM	 F45 9:30 - 10:30 AM	 F45 9:30 - 10:30 AM	 CYCLE 4:00 - 4:45 PM	 RIDE REP & RESTORE 2:00 - 3:15 PM
 F45 12:30 - 1:30 PM	 F45 12:15 - 1:15 PM	 FUSION FLOW 12:00 - 1:00 PM	 POWER YOGA 12:00 - 1:00 PM	 F45 5:00 - 6:00 PM	 STUDIOSEVEN 7 OPTIMIZE 4:00 - 5:00 PM
 VINYASA YOGA 2:30 - 3:30 PM	 F45 2:30 - 3:30 PM	 F45 12:30 - 1:30 PM	 F45 12:15 - 1:15 PM	 HAPPY HOUR 5:30 - 6:30 PM	 VINYASA YOGA 4:00 - 5:00 PM
 CYCLE 4:30 - 5:15 PM	 TEMPO AEROBIX 4:30 - 5:15 PM	 F45 2:30 - 3:30 PM	 F45 2:30 - 3:30 PM		 MIXXEDFIT® 5:15 - 5:45 PM
 FUSION FLOW 5:15 - 6:15 PM	 F45 5:30 - 6:30 PM	 CYCLE 5:30 - 6:15 PM	 CYCLE 5:30 - 6:00 PM		 CYCLE 5:30 - 6:15 PM
 F45 5:30 - 6:30 PM	 YOGA FOR RECOVERY 5:30 - 6:30 PM	 F45 5:30 - 6:30 PM	 F45 5:30 - 6:30 PM		 F45 6:00 - 7:00 PM
 STUDIOSEVEN 7 PLAY 5:45 - 6:45 PM	 STUDIOSEVEN 7 IGNITE 5:45 - 6:45 PM	 FUSION FLOW 5:45 - 6:30 PM	 STUDIOSEVEN 7 IGNITE 5:45 - 6:45 PM		
 VINYASA YOGA 6:00 - 7:00 PM	 POWER YOGA 5:45 - 6:30 PM	 STUDIOSEVEN 7 IGNITE 5:45 - 6:45 PM	 VIRTUAL VINYASA YOGA 5:45 - 6:30 PM		
 F45 7:00 - 8:00 PM	 CYCLE 6:00 - 6:45 PM	 VINYASA YOGA 6:00 - 7:00 PM	 CYCLE 6:00 - 6:45 PM		
	 CARDIO DANCE 6:15 - 7:00 PM	 MIXXEDFIT® 6:15 - 7:00 PM	 CARDIO DANCE 6:15 - 7:00 PM		
	 CYCLE 7:00 - 7:30 PM	 STEP & STRENGTH 7:15 - 8:00 PM	 POWER YOGA 6:30 - 7:30 PM		
	 BEARDOWN BOOTCAMP 7:00 - 7:45 PM		 F45 7:00 - 8:00 PM		

FREE CLASSES

CLASS FORMAT

- CARDIO F45
- MIND & BODY STRENGTH
- STRENGTH & CARDIO

STUDIOSEVEN 7
STUDIO SEVEN

Reservations
imleagues

LOCATIONS

BEAR DOWN GYM	QUEENAX (NREC)	LARSON	ROOM B	ROOM A
SUNSET (NREC)	CYCLE (TREC)	VIRTUAL	CYCLE (NREC)	HONORS VILLAGE

JAN 12 - MAY 4 NO CLASSES: MAR 5-13, APRIL 16, APRIL 17

Check Website for LATEST UPDATES rec.arizona.edu/group-fitness
Follow @uazcampusrecfitness on Instagram

3/7/22

FITNESS & WELLNESS



rec.arizona.edu

CAMPUS RECREATION

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

Happy Hour

You’ve made it through the week and it’s time to start your weekend off right – join us every Friday from 5:30-6:30pm for our weekly Happy hour class. This class is FREE, does not require a Fitness pass, and changes formats every week so bring your friend and workout together! The class format will be announced every Thursday on our Instagram @uazcampusrecfitness.🐾

F45

The world’s fastest growing functional training network. This class offers a high intensity, circuit style workout for all individuals. All workouts are created by the F45 database of over 3,000 different exercises, so you will never get the same workout twice. 🐾🐾🐾

Studio 7

Studio Ignite: HIIT It Hard! Make this the most productive hour of the day! Studio Ignite workouts are fast-paced HIIT sessions that combine self-powered cardio intervals with innovative functional movements. Each day focuses on different areas of the body – upper, lower, or total body; every week switches up the workout format. 🐾🐾🐾

Studio Play: Work Hard, Play Together! Everyone trains harder when there’s something at stake. This game-based workout alternates between collaborative fitness challenges, partner games, and breaking personal bests. The perfect pairing of camaraderie and friendly competition, Studio Play promises to push everyone’s fitness without feeling like a workout. Bring out the exercisers’ inner child and bring on the strength, power and cardio gains! 🐾🐾🐾

Studio Optimize: Socialize and Move at Your Best! Reprogram exercisers’ bodies by optimizing motion so they can feel their best - now and far into the future. Whether the goal is to retain functionality as they age, regain confidence after an injury, or start exercising safely and regularly, this program offers community and movements that develop functional strength, cardiovascular endurance, confidence, and flow. Unlock the body’s potential and help exercisers get the most out of life! 🐾🐾

Cardio & Dance

MixedFit: A people-inspired dance fitness program that is a mix of explosive dancing and bootcamp. This class will give you a total body workout with fun, nightclub dances combined with challenging, bootcamp-inspired exercises. If you like squats, jumping jacks, and shaking it off, join us at MixedFit! 🐾🐾🐾

Cardio Dance: Dance the day away with this aerobic dance workout that features easy to follow choreography. Whether you are brand new to dance or an experienced dancer, you will be sure to break a sweat and have a great time moving in this class. 🐾🐾

Tempo Aerobix: A cardio-based workout aimed to get you to sweat and have fun! Let energizing music motivate your movement in this all-levels class, using only body-weight movements. 🐾

Cardio & Strength

Bear Down Bootcamp: A full body, fast paced workout for all Wildcats! This class offers movements to increase your strength, endurance, flexibility and functionality while pushing your fitness to the next level. Bear Down! 🐾

Ride-Rep & Restore: Rev it out, pump it up, and wind it down with this combined cycling, resistance training, & yoga class. Ride-Rep-Recover offers a little of everything in one class; including a high-energy cardio workout, a resistance-based strengthening workout, and a mind/body practice. Prepare to leave feeling relaxed and invigorated! 🐾🐾🐾

Step & Strength: Get your heart pumping, your muscles working and have a blast in Step & Strength, a high-energy workout that combines choreography and high intensity training with weight and resistance training designed for all individuals. Come ready to have fun, challenge yourself and meet your goals! 🐾🐾

Cycling

Cycle: A high-energy cycling workout that will push your fitness limits and that will build muscular strength and cardiovascular endurance through a mix of interval training, 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! 🐾🐾

Mind/Body

Sunrise Yoga: A energizing, morning yoga practice that gives you the chance to stretch your body with mindful postures and steady breathing. Sunrise Yoga will help you feel rejuvenated to take on the rest of your day. 🐾

Gentle Yoga: A slow-flow yoga practice that will give you the chance to master the foundations of yoga. With a heavy focus on thoughtful movements and alignment cues, this class is welcoming both to new yogis, looking to begin a practice, to seasoned yogis, looking for additional alignment focus. Everyone is welcome! 🐾

Guided Meditation: A yoga instructor and CAPS Therapist will guide individuals through a brief meditation to promote deeper relaxation and greater focus for the start of the day. 🐾

Power Yoga: Expand your practice with this dynamic, challenging flow. This class will help you class increase your flexibility and advance your training by moving more rapidly through traditional poses. Learn the power of proper alignment, breathing, and high-energy movements. 🐾🐾

Vinyasa Yoga: A flow-sequenced yoga practice that uses a series of flowing postures linked by the breath to stretch and strengthen your body and mind. This class offers various flowing postures to create energy from within, utilizing the connection between body and breath. 🐾

Fusion Flow: A mind/body class that combines yoga, Pilates, and core practices. This class offers a chance to increase your personal strength, mobility, and mindfulness. Come and discover how your inner strength can shine! 🐾🐾

Yoga & Meditation: An accessible class designed to stretch your body and connect to your breath and heart. This class offers a slow-flow, which focuses on alignment, mindful movements, and steady breathing, in addition to a final relaxation meditation which focuses on centering the body and mind. Enjoy this relaxing and inspiring duo! 🐾

Yoga for Recovery: Yoga for Recovery is an all levels, trauma-informed yoga class for those recovering from substance abuse. Participants are led through gentle movement and breath sequences to build skills for living a sober life off the mat. This class is a complimentary practice to other addiction and substance abuse recovery programs. Friends and allies welcome! Yoga for Recovery is taught by Melissa Keller, LCSW, RYT, CAPS mental health clinician and Wildcats Anonymous co-advisor. 🐾

Yoga Sculpt: Tune in to the power of your mind and body to push your wellness limits! Yoga Sculpt stems from a Vinyasa Flow set to upbeat music that incorporates light weights, functional exercises, and cardio sequences. Increase your heart rate as you practice mindful movement and challenge the body to show the mind what it can do! 🐾🐾

Virtual Classes

All Virtual classes are free and available to anyone. Pre-registration is required through IMLeagues as a zoom link will be sent through email 10-minutes before the class begins. All classes do not require equipment and can be done in the comfort of your own home! 🐾

- 🐾 Classes are appropriate for all skill and fitness levels. Exercises can be modified to be seated, laying, or standing to fit the format of the class. Intensity is based on your comfort level and self-pacing.

🐾🐾 Exercises can be modified but minor portions of the format may provide a barrier to some participants. Moderate movement skills and intensities are programmed but can be adapted.

🐾🐾🐾 Class is designed for higher intensity and movement. Modifications are provided, however depending on the format, there may be barriers. Higher intensities and skilled movements will be demonstrated and encouraged but are not necessary to the efficacy of the class. All levels of fitness are still encouraged to participate and intensity is based on your comfort level and self-pacing.