



FREE WEEK

FINALS⁺ SURVIVAL

Schedule

May 6 - 12

Friday 5/6 ZEN DAY	Saturday 5/7	Sunday 5/8	Monday 5/9	Tuesday 5/10	Wednesday 5/11	Thursday 5/12
7 OPTIMIZE 10:30 - 11:30 AM	RIDE-REP-RESTORE 9:00 - 10:15 AM	ZUMBA 4:00 - 5:00 PM	7 OPTIMIZE 6:30 - 7:30 AM	SUNRISE YOGA 6:30 - 7:30 AM	7 OPTIMIZE 6:30 - 7:30 AM	SUNRISE YOGA 6:30 - 7:30 AM
VINYASA YOGA 3:00 - 3:45 PM	F45 10:30 - 11:30 AM	F45 5:15 - 6:15 PM	F45 7:30 - 8:30 AM	CYCLE 7:00 - 7:30 AM	F45 7:30 - 8:30 AM	CYCLE 7:00 - 7:30 AM
CYCLE 4:00 - 4:45 PM	BEAR DOWN BOOT CAMP 11:45 - 12:45 PM	CYCLE 5:30 - 6:15 PM	CYCLE 12:00 - 12:45 PM	F45 9:30 - 10:30 AM	CYCLE 12:00 - 12:45 PM	F45 9:30 - 10:30 AM
F45 5:00 - 6:00 PM			F45 5:30 - 6:30 PM	F45 5:30 - 6:30 PM	F45 5:30 - 6:30 PM	F45 5:30 - 6:30 PM
			VINYASA YOGA 6:00 - 7:00 PM	ZUMBA 6:45 - 7:45 PM	VINYASA YOGA 6:00 - 7:00 PM	CYCLE 6:45 - 7:30 PM

CLASS FORMAT

- CARDIO**
- F45**
- MIND & BODY**
- STRENGTH**
- STRENGTH & CARDIO**
- STUDIO SEVEN**

LOCATIONS

- QUEENAX (NREC)**
- LARSON**
- SUNSET**
- CYCLE (SREC)**
- CYCLE (NREC)**
- BEAR DOWN GYM**
- ROOM B**

@uazcampusrecfitness

Reserve your spot: imleagues



FITNESS & WELLNESS



rec.arizona.edu

CAMPUS RECREATION

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

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: Burn Calories and 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 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

Zumba®: A dance-based fitness class featuring exotic rhythms that are set to high-energy Latin and international beats. This class offers a fun way to get the benefits of cardiovascular training while having fun within Zumba's dance community-all are welcome! 🐾🐾

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-Restore 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! 🐾🐾🐾

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 awakened and energized to take on the rest of your day. 🐾

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. 🐾

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!

KEY

🐾 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.