**Finals Survival Week Schedule**

December 9 - 15

**Monday 12/12**
- 9:00 - 10:00 AM: OPTIMIZE
- 2:00 - 3:00 PM: COMMIT DANCE
- 4:00 - 4:45 PM: CYCLE
- 7:00 - 7:30 AM: CYCLE
- 7:00 - 8:00 AM: CYCLE

**Tuesday 12/13**
- 12:00 - 1:00 PM: ZUMBA
- 2:00 - 3:00 PM: CYCLE
- 3:00 - 4:00 PM: ZUMBA
- 5:00 - 6:00 PM: ZUMBA

**Wednesday 12/14**
- 6:30 - 7:30 AM: SUNRISE YOGA
- 7:00 - 7:30 AM: CYCLE
- 7:30 - 8:30 AM: CYCLE
- 9:00 - 10:00 AM: 2:00 - 3:00 PM: CYCLE

**Thursday 12/15**
- 5:00 - 6:00 PM: ZUMBA
- 7:00 - 8:00 AM: SUNRISE YOGA
- 8:45 - 9:30 AM: CYCLE
- 7:30 - 8:30 AM: CYCLE

**LOCATIONS**
- QUEENAX (NREC)
- LARSON
- SUNSET
- DESERT (NREC)
- ROOM B
- ROOM A

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

**Free Week**

Reserve your spot: rec.arizona.edu
F45
F45: The world’s fastest growing functional training network. This class offers a high intensity, circuit style workout for all individuals. You will get the chance to use diverse equipment and movements patterns to increase cardiorespiratory, joint, and muscular health. 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 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!

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!

CARDIO & DANCE
COMMIT Dance: COMMIT Dance Fitness is a dynamic, fun filled, HIIT influenced dance workout. Classes consist of all music genres including Latin, hip hop, pop, country, soca, reggaeton, etc. as well as incorporating traditional fitness movements.

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
Rep & Restore: A full body workout that incorporates strength training and Yoga! You will start the class using high-energy music as your pacer while you build strength & cardio, followed by a restorative yoga practice. While body weight work will be the main emphasis, this is also a great time to get creative with household items that can serve as resistance in the absence of weights! This class is made for all experience levels.

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.

Yoga & Meditation: An accessible class designed to stretch your body and connect to your inner self. 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!

KEY

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

Check Website for LATEST UPDATES
rec.arizona.edu/group-fitness