

SPRING SCHEDULE

**GROUP
FITNESS**

F45

STUDIOSEVEN
7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
F45 6:30 - 7:30 AM	CYCLE 6:30 - 7:00 AM	CYCLE 6:30 - 7:00 AM	SUNRISE YOGA 6:30 - 7:30 AM	FUSION FLOW 7:30 - 8:30 AM	CYCLE 8:30 - 9:15 AM
CYCLE 7:00 - 7:30 AM	SUNRISE YOGA 6:30 - 7:30 AM	VINYASA YOGA 7:00 - 8:00 AM	F45 6:30 - 7:30 AM	RIDE-REP-RESTORE 9:00 - 10:15 AM	REP & RESTORE 9:30 - 10:30 AM
FUSION FLOW 7:00 - 8:00 AM	F45 7:00 - 8:00 AM	F45 7:00 - 8:00 AM	CYCLE 7:00 - 7:30 AM	F45 10:00 - 11:00 AM	F45 10:00 - 11:00 AM
CYCLE 8:15 - 8:45 AM	OPTIMIZE 7:00 - 8:00 AM	CYCLE 8:15 - 8:45 AM	OPTIMIZE 7:00 - 8:00 AM	CYCLE 10:45 - 11:15 AM	FUSION FLOW 12:00 - 1:00 PM
BEARDOWN BOOTCAMP 9:00 - 9:45 AM	CYCLE 8:30 - 9:00 AM	F45 9:00 - 10:00 AM	STEP & CORE 8:00 - 8:45 AM	OPTIMIZE 11:30 - 12:30 PM	F45 1:00 - 2:00 PM
F45 9:30 - 10:30 AM	F45 9:30 - 10:30 AM	FUSION FLOW 9:30 - 10:15 AM	CYCLE 8:30 - 9:00 AM	F45 12:00 - 1:00 PM	FUSION FLOW 2:30 - 3:30 PM
CYCLE 11:15 - 11:45 AM	CYCLE 11:00 - 11:30 AM	CYCLE 11:15 - 11:45 AM	F45 9:00 - 10:00 AM	VINYASA YOGA 12:00 - 1:00 PM	
OPTIMIZE 11:30 - 12:30 PM	F45 12:00 - 1:00 PM	F45 12:00 - 1:00 PM	CYCLE 11:00 - 11:30 AM	CYCLE 1:00 - 1:45 PM	
F45 12:00 - 1:00 PM	F45 2:00 - 3:00 PM	FUSION FLOW 12:00 - 12:45 PM	IGNITE 11:30 - 12:30 PM	F45 2:30 - 3:30 PM	YOGA & MEDITATION 10:30 - 11:30 AM
VINYASA YOGA 12:00 - 1:00 PM	CYCLE 2:30 - 3:15 PM	CYCLE 2:00 - 2:45 PM	F45 12:00 - 1:00 PM	COMMIT DANCE 3:00 - 4:00 PM	F45 11:00 - 12:00 PM
CYCLE 2:00 - 2:45 PM	MAT PILATES 3:00 - 3:45 PM	F45 2:00 - 3:00 PM	CYCLE 2:30 - 3:15 PM	YOGA & MEDITATION 3:00 - 4:00 PM	CYCLE 1:30 - 2:00 PM
F45 2:30 - 3:30 PM	YOGA FOR RECOVERY 5:00 - 6:00 PM	MAT PILATES 4:00 - 4:45 PM	F45 2:30 - 3:30 PM	CYCLE 4:00 - 4:45 PM	F45 2:30 - 3:30 PM
POWER YOGA 3:00 - 3:45 PM	F45 5:15 - 6:15 PM	RIDE & REP 4:30 - 5:30 PM	FUSION FLOW 3:30 - 4:15 PM	F45 5:00 - 6:00 PM	VINYASA YOGA 3:00 - 4:00 PM
CYCLE 4:00 - 4:45 PM	CYCLE 5:30 - 6:15 PM	MIXXEDFit® 5:00 - 6:00 PM	CYCLE 4:30 - 5:15 PM	HAPPY HOUR 5:15 - 6:15 PM	F45 4:30 - 5:30 PM
IGNITE 5:00 - 6:00 PM	IGNITE 5:30 - 6:30 PM	IGNITE 5:00 - 6:00 PM	POWER YOGA 5:00 - 6:00 PM		PLAY 5:00 - 6:00 PM
F45 5:15 - 6:15 PM	MIXXEDFit® 5:45 - 6:30 PM	F45 5:30 - 6:30 PM	F45 5:30 - 6:30 PM		CYCLE 6:15 - 7:00 PM
GENTLE YOGA 6:15 - 7:15 PM	F45 7:00 - 8:00 PM	VINYASA YOGA 6:15 - 7:15 PM	IGNITE 5:30 - 6:30 PM		
CYCLE 6:45 - 7:30 PM	CYCLE 7:15 - 8:00 PM	F45 7:00 - 8:00 PM	MIXXEDFit® 5:45 - 6:30 PM		
F45 7:00 - 8:00 PM		CYCLE 7:30 - 8:15 PM	CYCLE 6:15 - 7:00 PM		
ZUMBA 8:00 - 8:45 PM		ZUMBA 8:00 - 8:45 PM	FUSION FLOW 7:30 - 8:30 PM		

Sunday

YOGA & MEDITATION 10:30 - 11:30 AM
F45 11:00 - 12:00 PM
CYCLE 1:30 - 2:00 PM
F45 2:30 - 3:30 PM
VINYASA YOGA 3:00 - 4:00 PM
F45 4:30 - 5:30 PM
PLAY 5:00 - 6:00 PM
CYCLE 6:15 - 7:00 PM

CLASS FORMAT

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

JAN 11 - MAY 3 NO CLASSES: JAN 16 | MAR 4 - 12 | APR 8 - 9

LOCATIONS

- LARSON (SREC) CYCLE (SREC) DESERT (NREC) SUNSET (NREC) ROOM B (SREC) QUEENAX (NREC) HONORS VILLAGE

Reserve your spot:
imleagues
 @uazcampusrecfitness

01/17/23

FITNESS & WELLNESS



Check Website for LATEST UPDATES



**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 Happy Hour class. This class is FREE, does not require a Fitness pass, and changes format every week. So bring your friends 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. 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 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 Optimize: Socialize and move at your best! Develop movement efficiency so you can feel your best - now and far into the future. This program offers community and movements that develop functional strength, cardiovascular endurance, confidence, and flow. Unlock your body's potential with Studio Optimize! 🐾🐾

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 adaptations! 🐾🐾🐾

Dance & Zumba

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! 🐾🐾🐾

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! 🐾🐾

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. 🐾🐾

Cardio & Strength

BearDown 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! 🐾

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

Ride-Rep-Restore: Rev it out, pump it up, and wind it down with this combined cycling, resistance training, & mind body 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! 🐾🐾🐾

Rep & Restore: A full body workout that incorporates strength training and mind body practice! You will start the class using high-energy music as your pacer while you build strength & cardio, this is followed by a restorative mind body practice. All levels are welcome for this great workout! 🐾

Ride & Rep: Feel invigorated with this combined cycling and resistance training class! Ride & Rep offers a high-energy cardio workout with a resistance-based strengthening workout. Challenge yourself with this full body focused class. 🐾🐾

Cycling

Cycle: A high-energy cycling workout that will push your fitness limits and that will build muscular strength and cardiorespiratory 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. 🐾

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, and to seasoned yogis, looking for additional alignment focus. Everyone is welcome! 🐾

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 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! 🐾

Yoga for Recovery: Yoga for Recovery is an all levels, trauma-informed yoga class for those in recovery for mental health, trauma, or addiction. Participants are led through gentle movement and breath sequences to build skills for living a fulfilling life off the mat. This class is a complimentary practice to other mental health supports or addiction 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! 🐾🐾

Mat Pilates®: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advances training and core strength. A combination of purposeful movements to improve posture, muscle endurance, and core stability. Pilates is a great way to reduce stress. 🐾🐾

🐾 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.