

GROUP FITNESS



Summer Schedule B

July 6 - August 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
F45 6:30 - 7:30 a.m.	SUNRISE YOGA 6:30 - 7:15 a.m.	F45 6:30 - 7:30 a.m.	SUNRISE YOGA 6:30 - 7:15 a.m.	SUNRISE YOGA 6:30 - 7:30 a.m.	RIDE & REP 9 - 10 a.m.	F45 2:30 - 3:30 p.m.
CYCLE 7:45 - 8:15 a.m.	F45 7 - 8 a.m.	CYCLE 7:30 - 8 a.m.	F45 7 - 8 a.m.	F45 10:30 - 11:30 a.m.	F45 10 - 11 a.m.	CARDIO & CORE 3:45 - 4:30 p.m.
STRENGTH & CORE 7:15 - 8 a.m.	CYCLE 7:30 - 8 a.m.	F45 NOON - 1 p.m.	CYCLE 7:30 - 8 a.m.	STRENGTH & CORE NOON - 12:45 p.m.	CYCLE 12:30 - 1:15 p.m.	F45 5 - 6 p.m.
F45 NOON - 1 p.m.	F45 NOON - 1 p.m.	CYCLE 2:30 - 3:15 p.m.	F45 NOON - 1 p.m.	F45 1:15 - 2:15 p.m.	F45 1:30 - 2:30 p.m.	YOGA & MEDITATION 4:45 - 5:45 p.m.
F45 5 - 6 p.m.	CARDIO & CORE 12:15 - 1 p.m.	F45 5 - 6 p.m.	F45 5:30 - 6:30 p.m.	CYCLE 2:30 - 3:15 p.m.		
CYCLE 5:15 - 6 p.m.	F45 5:30 - 6:30 p.m.	CYCLE 5:15 - 6 p.m.	CYCLE 6:45 - 7:30 p.m.	F45 4 - 5 p.m.		
GENTAL YOGA 6:15 - 7:15 p.m.	CYCLE 6:45 - 7:30 p.m.	COMMIT DANCE 6:15 - 7 p.m.				

CLASS FORMAT



LOCATIONS

QUEENAX (NREC)	LARSON (SREC)	SUNSET (NREC)
CYCLE (SREC)	CYCLE (NREC)	ROOM B (SREC)



FITNESS & WELLNESS



SUMMER B

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

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 cardio respiratory, 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. 🐾🐾🐾

Strength

Strength & Core: Strength training isn't just for the weight room. This class will focus on using resistance training equipment and body weight to help develop muscular strength and endurance. The class will also focus on training your core to help increase your total body strength. Join us for Strength & Core! 🐾

Cardio & Dance

COMMIT Dance: COMMIT Dance Fitness is a dynamic, fun filled, HITT influenced dance workout. Classes consist of all music genres including latin, hip hop, pop, country, soca, reggaeto, etc. as well as incorporating traditional fitness movements. 🐾🐾

Cardio & Strength

Cardio & Core: Get your heart pumping while you have a blast in Cardio & Core! This class offer a high-energy workout that combines high intensity cardio exercises with inclusive core movements. Come ready to have fun, challenge yourself and meet your goals! 🐾🐾

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

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, 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.