# 2023 Fall Fitness Schedule

**GROUP FITNESS**

**Sunday**
- 7:30 - 8:30 a.m. ZUMBA
- 8:30 - 9 a.m. VINYASA YOGA
- 9:30 - 10:30 a.m. CARDIO & CORE
- 10:15 - 11 a.m. MAT PILATES
- 11:15 - 11:45 a.m. CYCLE
- 11:45 - 12:15 p.m. CARDO & CORE
- 12:15 - 1:15 p.m. MAT PILATES
- 1:15 - 2:15 p.m. CYCLE
- 2:15 - 3:30 p.m. CARDIO & CORE

**Monday**
- 8:30 - 9:30 a.m. VINYASA YOGA
- 9:45 - 10:30 a.m. VINYASA YOGA
- 11:15 - 12:45 p.m. FUSION FLOW
- 12:15 - 1:15 p.m. CYCLE
- 1:45 - 2:15 p.m. MAT PILATES
- 2:45 - 3:30 p.m. CARDIO & CORE

**Tuesday**
- 6:30 - 7:15 a.m. CYCLE
- 7 - 8 a.m. POWER YOGA
- 8 - 8:30 a.m. ZUMBA
- 9:30 - 10:30 a.m. VINYASA YOGA
- 10:45 - 11:30 a.m. CYCLE
- 11:15 - 12:15 p.m. CARDO & CORE
- 12:15 - 1:15 p.m. MAT PILATES
- 1:45 - 2:15 p.m. CYCLE
- 2:45 - 3:30 p.m. CARDIO & CORE

**Wednesday**
- 7 - 8 a.m. CYCLE
- 8 - 8:30 a.m. VINYASA YOGA
- 9:45 - 10:30 a.m. VINYASA YOGA
- 11:30 - 12:30 p.m. GENTLE YOGA
- 12:15 - 1:30 p.m. FUSION FLOW
- 1:45 - 2:15 p.m. MAT PILATES
- 2:45 - 3:30 p.m. CARDIO & CORE

**Thursday**
- 6:30 - 7:30 a.m. CYCLE
- 7 - 8 a.m. POWER YOGA
- 8 - 8:30 a.m. ZUMBA
- 9:45 - 10:30 a.m. VINYASA YOGA
- 10:30 - 11:15 a.m. MAT PILATES
- 11:15 - 12:00 p.m. FUSION FLOW
- 12:15 - 1:15 p.m. MAT PILATES
- 1:45 - 2:15 p.m. CYCLE
- 2:45 - 3:30 p.m. CARDIO & CORE

**Friday**
- 6:30 - 7:30 a.m. CYCLE
- 7 - 8 a.m. POWER YOGA
- 8 - 8:30 a.m. ZUMBA
- 9:30 - 10:30 a.m. VINYASA YOGA
- 10:30 - 11:15 a.m. MAT PILATES
- 11:15 - 12:00 p.m. FUSION FLOW
- 12:15 - 1:15 p.m. MAT PILATES
- 1:45 - 2:15 p.m. CYCLE
- 2:45 - 3:30 p.m. CARDIO & CORE

**Saturday**
- 8:30 - 9 a.m. POWER YOGA
- 9:30 - 10:30 a.m. VINYASA YOGA
- 10:30 - 11:15 a.m. MAT PILATES
- 11:15 - 12:00 p.m. FUSION FLOW
- 12:15 - 1:15 p.m. MAT PILATES
- 1:45 - 2:15 p.m. CYCLE
- 2:45 - 3:30 p.m. CARDIO & CORE

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**Locations**
- SUNSET (NREC)
- ROOM B (SREC)
- QUEENAX (NREC)
- HONORS VILLAGE

**Check Website for Latest Updates**

NO CLASSES: NOVEMBER 10-11, NOVEMBER 20-26
**Ride & Rep**

**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 cardiovascular, 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.

**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 pace while you build strength and cardio. This is followed by a restorative mind body practice. All levels are welcome for this great workout!

**Rise & Shine**: A fitness class oriented to you! Start your morning off with this upbeat and energizing strength class! This is a resistance-based exercise class with inclusive core movements. 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 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**: An 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 to both 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-sequence 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 and utilizes 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 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 dual.

**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 movements 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.

**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. This combination of purposeful movements helps to improve posture, muscle endurance and core stability. Pilates is a great way to reduce stress.

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**Cardio & Dance**

**MixededFit**: 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 MixededFit!

**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 to join!

**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.

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**Cardio & Strength**

**Cardio & Core**: Get your heart pumping while you have a blast in Cardio & Core! This class offers an energy and cardiovascular training for all individuals. It includes core exercises as well as core exercises that incorporate cardio and strength training.

**HIIT**: Join us for High-Intensity Interval Training (HIIT), a total body, heart pumping, anaerobic and strength conditioning workout! This interval-based class combines full-body strength training with high intensity cardio bursts designed to increase strength, improve your endurance and push your boundaries.

**Step & Strength**: Step it up with this cardio and strength conditioning class! Step & Strength combines an upbeat step workout with a resistance-based strength training to help you gain cardiorespiratory and muscular endurance.

**Step & Core**: Get your heart pumping, your muscles working and have a blast in Step & Core! This high-energy workout 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**: 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.

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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.