# Fitness Class Schedule

**December 8 - 14**

<table>
<thead>
<tr>
<th>Monday 12/11</th>
<th>Friday 12/8</th>
<th>Saturday 12/9</th>
<th>Tuesday 12/12</th>
<th>Wednesday 12/13</th>
<th>Thursday 12/14</th>
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</thead>
<tbody>
<tr>
<td><strong>FUSION FLOW</strong></td>
<td><strong>10 - 10:45 a.m.</strong></td>
<td></td>
<td><strong>SUNRISE YOGA</strong></td>
<td><strong>FUSION FLOW</strong></td>
<td><strong>FUSION FLOW</strong></td>
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<tr>
<td><strong>CYCLE</strong></td>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><strong>CYCLE</strong></td>
<td><strong>10 - 10:45 a.m.</strong></td>
<td><strong>10 - 10:45 a.m.</strong></td>
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<tr>
<td><strong>ZEN DAY YOGA</strong></td>
<td><strong>4 - 5 p.m.</strong></td>
<td></td>
<td><strong>FUSION FLOW</strong></td>
<td><strong>FUSION FLOW</strong></td>
<td><strong>SUNRISE YOGA</strong></td>
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<tr>
<td><strong>CYCLE</strong></td>
<td><strong>11:30 a.m. - 12:15 p.m.</strong></td>
<td></td>
<td><strong>CYCLE</strong></td>
<td><strong>3 - 3:45 p.m.</strong></td>
<td><strong>FUSION FLOW</strong></td>
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<tr>
<td><strong>YOGA AND MEDITATION</strong></td>
<td><strong>7 - 8 p.m.</strong></td>
<td><strong>7:30 - 8:30 a.m.</strong></td>
<td><strong>CYCLE</strong></td>
<td><strong>2 - 2:45 p.m.</strong></td>
<td><strong>FUSION FLOW</strong></td>
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<tr>
<td><strong>ZUMBA</strong></td>
<td><strong>5:45 - 6:45 p.m.</strong></td>
<td></td>
<td><strong>CYCLE</strong></td>
<td><strong>10 - 10:45 a.m.</strong></td>
<td><strong>FUSION FLOW</strong></td>
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<tr>
<td><strong>FUSION FLOW</strong></td>
<td><strong>2 - 2:45 p.m.</strong></td>
<td><strong>CARDIO</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
<td><strong>10 - 11 a.m.</strong></td>
<td><strong>2:30 - 3:15 p.m.</strong></td>
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<tr>
<td><strong>CYCLE</strong></td>
<td><strong>3:30 - 4:15 p.m.</strong></td>
<td><strong>MIND &amp; BODY</strong></td>
<td><strong>5:30 - 6:30 p.m.</strong></td>
<td><strong>5:30 - 6:30 p.m.</strong></td>
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<tr>
<td><strong>CYCLE</strong></td>
<td><strong>5:30 - 6:30 p.m.</strong></td>
<td><strong>STRENGTH</strong></td>
<td><strong>7:30 - 8:30a.m.</strong></td>
<td><strong>7:30 - 8:30 a.m.</strong></td>
<td><strong>7:30 - 8:30 a.m.</strong></td>
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<tr>
<td><strong>SUNRISE YOGA</strong></td>
<td><strong>6:30 - 7:15 a.m.</strong></td>
<td><strong>STRENGTH &amp; CARDIO</strong></td>
<td><strong>8 - 9 a.m.</strong></td>
<td><strong>8 - 9 a.m.</strong></td>
<td><strong>8 - 9 a.m.</strong></td>
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### Class Format

- **CARDIO**
- **MIND & BODY**
- **STRENGTH**
- **STRENGTH & CARDIO**
- **CYCLE**

### Locations

- **LARSON (SREC)**
- **SUNSET (NREC)**
- **DESERT (NREC)**
- **ROOM A (SREC)**

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**Fitness & Wellness**

[Campus Recreation](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.

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!

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.

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!

Zen Day Yoga: Start finals week on the right foot! An accessible class that is a combination of calming and energetic (Ying & Yang). This mind/body format will provide strengthening work at the first part of class followed by some relaxation and restorative practice to end the class!

_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.

Classes are 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