








SPRING FITNESS SCHEDULE 2024

GROUP FITNESS

F45

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 F45 6:30 - 7:30 a.m.	 SUNRISE YOGA 6:30 - 7:15 a.m.	 CYCLE 6:30 - 7 a.m.	 CYCLE 6:30 - 7 a.m.	 RISE & SHINE 7:15 - 8 a.m.	 CYCLE 8:30 - 9:15 a.m.
 CYCLE 7 - 7:30 a.m.	 F45 7 - 8 a.m.	 RISE & SHINE 6:30 - 7:15 a.m.	 SUNRISE YOGA 6:30 - 7:15 a.m.	 CYCLE 8:30 - 9 a.m.	 F45 9 - 10 a.m.
 CYCLE 8:15 - 8:45 a.m.	 CYCLE 7:15 - 7:45 a.m.	 F45 6:30 - 7:30 a.m.	 F45 7 - 8 a.m.	 F45 10 - 11 a.m.	 REP & RESTORE 9:30 - 10:30 a.m.
 STEP & STRENGTH 8:15 - 9:15 a.m.	 RIDE & REP 8:15 - 9:15 a.m.	 MAT PILATES 7:45 - 8:30 a.m.	 STRENGTH & CORE 8:15 - 9 a.m.	 KICK BOXING 10:45 - 11:30 a.m.	 CORE & GLUTES 10 - 10:45 a.m.
 F45 9 - 10 a.m.	 MAT PILATES 9:30 - 10:15 a.m.	 RIDE & STEP 8:15 - 9:15 a.m.	 CYCLE 8:45 - 9:15 a.m.	 F45 Noon - 1 p.m.	 CYCLE 10:45 - 11:30 a.m.
 VINYASA YOGA 9:30 - 10:15 a.m.	 F45 9:30 - 10:30 a.m.	 FUSION FLOW 9:30 - 10:15 a.m.	 F45 9 - 10 a.m.	 CYCLE 12:15 - 1 p.m.	 F45 11 - noon
 STRENGTH & CORE 11 - 11:45 a.m.	 CARDIO & CORE Noon - 12:45 p.m.	 F45 9:30 - 10:30 a.m.	 MAT PILATES 9:30 - 10:15 a.m.	 FUSION FLOW 12:15 - 1 p.m.	 STRENGTH & CORE Noon - 12:45 p.m.
 F45 Noon - 1 p.m.	 F45 Noon - 1 p.m.	 CYCLE 11 - 11:30 a.m.	 CARDIO & CORE 11 - 11:45 a.m.	 CYCLE 2 - 2:45 p.m.	 FUSION FLOW Noon - 12:45 p.m.
 FUSION FLOW 12:15 - 1 p.m.	 CYCLE 2:30 - 3:15 p.m.	 STRENGTH & CORE Noon - 12:45 p.m.	 F45 Noon - 1 p.m.	 STRENGTH & CORE 2 - 2:45 p.m.	 F45 1 - 2 p.m.
 CYCLE 12:30 - 1 p.m.	 F45 2:30 - 3:30 p.m.	 F45 Noon - 1 p.m.	 VINYASA YOGA 12:15 - 1 p.m.	 F45 2:30 - 3:30 p.m.	 YOGA & MEDITATION 2:15 - 3:15 p.m.
 CYCLE 2:30 - 3:15 p.m.	 MAT PILATES 2:30 - 3:30 p.m.	 FUSION FLOW 1 - 1:45 p.m.	 CYCLE 2:30 - 3:15 p.m.	 VINYASA YOGA 3:30 - 4:30 p.m.	
 F45 2:30 - 3:30 p.m.	 RIDE & REP 4 - 5 p.m.	 F45 2 - 3 p.m.	 F45 2:30 - 3:30 p.m.	 CYCLE 4 - 4:45 p.m.	 F45 10 - 11 a.m.
 FUSION FLOW 3:30 - 4:30 p.m.	 YOGA FOR RECOVERY 5 - 6 p.m.	 CYCLE 2:30 - 3:15 p.m.	 FUSION FLOW 4 - 4:45 p.m.	 HIIT 4:15 - 4:45 p.m.	 FUSION FLOW NOON - 12:45 p.m.
 CYCLE 3:45 - 4:30 p.m.	 KICK BOXING 5:15 - 6 p.m.	 MAT PILATES 3:30 - 4:30 p.m.	 CYCLE 4 - 4:45 p.m.	 F45 5 - 6 p.m.	 F45 Noon - 1 p.m.
 F45 5 - 6 p.m.	 F45 5:30 - 6:30 p.m.	 CYCLE 4 - 4:45 p.m.	 HIIT 5 - 5:45 p.m.		 CYCLE 1 - 1:30 p.m.
 HIIT 5 - 5:45 p.m.	 CYCLE 6 - 6:45 p.m.	 F45 5 - 6 p.m.	 VINYASA YOGA 5 - 6 p.m.		 F45 2:30 - 3:30 p.m.
 RIDE & RESTORE 5:15 - 6:15 p.m.	 CORE & GLUTES 6:15 - 6:45 p.m.	 HIIT 5:15 - 6 p.m.	 RIDE & REP 5:15 - 6:15 p.m.		 VINYASA YOGA 2:45 - 3:30 p.m.
 VINYASA YOGA 5:45 - 6:30 p.m.	 POWER YOGA 7 - 7:45 p.m.	 CYCLE 5:30 - 6:15 p.m.	 F45 5:30 - 6:30 p.m.		 HIIT 4:15 - 4:45 p.m.
 F45 6:30 - 7:30 p.m.	 F45 7 - 8 p.m.	 FUSION FLOW 5:45 - 6:30 p.m.	 CORE & GLUTES 6 - 6:30 p.m.		 F45 5 - 6 p.m.
 CYCLE 6:45 - 7:30 p.m.	 ZUMBA 7:30 - 8:30 p.m.	 COMMIT DANCE 6:15 - 7 p.m.	 ZUMBA 6 - 6:45 p.m.		 CYCLE 5:30 - 6:15 p.m.
 ZUMBA 7:30 - 8:30 p.m.	 CYCLE 7:45 - 8:30 p.m.	 F45 6:30 - 7:30 p.m.	 F45 7 - 8 p.m.		 FUSION & FLOW 6:15 - 7 p.m.
 FUSION FLOW 7:45 - 8:30 p.m.		 VINYASA YOGA 7:45 - 8:30 p.m.	 ZUMBA 7:30 - 8:30 p.m.		
		 ZUMBA 8:15 - 9 p.m.	 POWER YOGA 7:45 - 8:30 p.m.		
			 CYCLE 8 - 8:45 p.m.		
LOCATIONS					
ROOM A (SREC)	LARSON (SREC)	CYCLE (SREC)	DESERT (NREC)		
HONORS VILLAGE	SUNSET (NREC)	ROOM B (SREC)	QUEENAX (NREC)	FREE	

Reserve your spot:

imleagues

@uazcampusrecrefitness



12/19/23

FITNESS & WELLNESS



CAMPUS RECREATION

Check Website for LATEST UPDATES

CLASS FORMAT



NO CLASSES: JANUARY 15, MARCH 2 - 10, 30 - 31

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

Fitness FriYAY!

Fitness FriYAY!: Celebrate Friday with us! Every other Friday, we will offer a free special class with double the instructors! Fitness FriYAY will consist of a mix of class formats on both the schedule and new offerings. Check out the schedule on our website for more details! 🐾 🐾🐾🐾

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 movement 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. 🐾🐾🐾

Strength

Core & Glutes (New): Focus on your core strength and stability with this express class. This class will challenge the way you think about core training and take you beyond your normal floor crunches. Exercises are designed to challenge all of the muscles of the core to improve posture, balance, and overall body function. 🐾

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 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 programming focused on strengthening muscle groups to improve daily movement. Exercises on common equipment will help teach individuals accessible training. 🐾

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. 🐾

Cardio & Dance

Ride & Step (New): Kick your cardio training into high gear by combining two fun and engaging classes; cycle and step! Begin class in the Spin Studio on a ride focused on muscular strength and endurance and then head into a fitness room to finish the class with a cardio-focused step! 🐾🐾

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, HITT-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

Cardio & Core: Get your heart pumping while you have a blast in Cardio & Core! This class offers 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! 🐾🐾

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. 🐾🐾🐾

Kickboxing (New): HIIT the bags with this cardio and muscular conditioning program! Participants will utilize the heavy bags to perform punches, kicks, and combos to increase hand-eye coordination and cardiorespiratory endurance! Time off of the bags will be programmed to perform accessory exercises that will help kickboxing skills! 🐾

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

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 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

Fusion Flow: A mind/body class that combines yoga, Pilates, and core practices. This class offers a chance to increase your strength, mobility, and mindfulness. Come discover how your inner strength can shine! 🐾🐾

Mat Pilates®: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advance 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. 🐾🐾

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. 🐾🐾

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. 🐾

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 and utilizes 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! 🐾

Yoga for Recovery: Yoga for Recovery is an all-level, 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 complementary 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. 🐾

🐾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.

