

FREE

FINALS WEEK SCHEDULE

Friday, May 3 - Thursday, May 9

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
F45 9 - 10 a.m.	CYCLE 8:30 - 9:15 a.m.	CYCLE 10 - 10:45 a.m.	F45 7 - 8 a.m.	SUNRISE YOGA 6:30 - 7:15 a.m.	F45 7 - 8 a.m.	SUNRISE YOGA 6:30 - 7:15 a.m.
ZEN DAY YOGA 3:30 - 4:30 p.m.	REP & RESTORE 9:30 - 10:30 a.m.	F45 1 - 2 p.m.	CORE & GLUTES 8 - 8:45 a.m.	F45 7 - 8 a.m.	CYCLE 8 - 8:45 a.m.	F45 7 - 8 a.m.
CYCLE 4:30 - 5:15 p.m.	F45 10:15 - 11:15 a.m.	CYCLE 3 - 3:45 p.m.	F45 2 - 3 p.m.	F45 Noon - 1 p.m.	MAT PILATES 9 - 10 a.m.	CYCLE 8 - 8:45 a.m.
F45 5:30 - 6:30 p.m.	FUSION FLOW 11:30 - 12:15 p.m.	FUSION FLOW 4 - 4:45 p.m.	MAT PILATES 3 - 4 p.m.	CYCLE 1:30 - 2:15 p.m.	FUSION FLOW 1 - 1:45 p.m.	VINYASA YOGA 1 - 1:45 p.m.
		F45 5 - 6 p.m.	CYCLE 4:30 - 5:15 p.m.	MAT PILATES 3 - 4 p.m.	F45 2 - 3 p.m.	F45 5:30 - 6:30 p.m.
			F45 5:30 - 6:30 p.m.	CYCLE 4:30 - 5:15 p.m.	VINYASA YOGA 4:30 - 5:15 p.m.	
				F45 5:30 - 6:30 p.m.	F45 5:30 - 6:30 p.m.	
					CYCLE 6:45 - 7:30 p.m.	

CLASS FORMAT

STRENGTH
 CARDIO
 CYCLE
 MIND & BODY
 STRENGTH & CARDIO
 F45

LOCATIONS

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

Reserve your spot:
 imleagues

@uazcampusrecfitness



FITNESS & WELLNESS



Check Website for LATEST UPDATES



CAMPUS RECREATION

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: 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! 🐾

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. 🐾🐾

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. 🐾

Zen Day Yoga: A class designed to stretch your body, connect to your inner self, and find your peace. This class offers an alignment focused flow, mindful movements, and steady breathing. Enjoy this relaxing and inspiring practice! 🐾

🐾 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.