


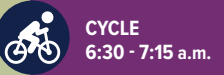
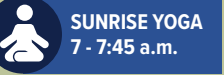
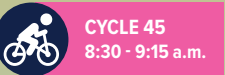










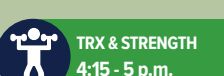
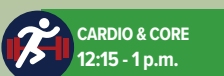
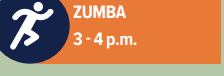
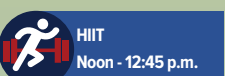
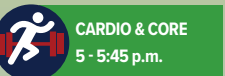






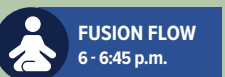
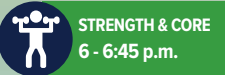


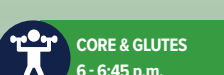
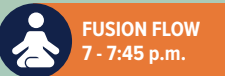
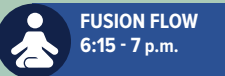
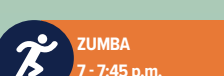


# SUMMER GROUP FITNESS SCHEDULE

Monday, June 3 - Wednesday, August 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:30 - 7:30 a.m.	 SUNRISE YOGA 6:30 - 7:15 a.m.	 6:30 - 7:30 a.m.	 CYCLE 6:30 - 7:15 a.m.	 SUNRISE YOGA 7 - 7:45 a.m.	 CYCLE 45 8:30 - 9:15 a.m.	 STRENGTH & CORE 12 - 12:45 p.m.
 Noon - 1 p.m.	 7 - 8 a.m.	 Noon - 1 p.m.	 7 - 8 a.m.	 10:30 - 11:30 a.m.	 REP & RESTORE 9:30 - 10:30 a.m.	 3:30 - 4:30 p.m.
 CYCLE 2:30 - 3:15 p.m.	 Noon - 1 p.m.	 TRX & STRENGTH 4:15 - 5 p.m.	 CARDIO & CORE 12:15 - 1 p.m.	 ZUMBA 3 - 4 p.m.	 HIIT Noon - 12:45 p.m.	 CARDIO & CORE 5 - 5:45 p.m.
 5:15 - 6:15 p.m.	 CYCLE 2:30 - 3:15 p.m.	 5 - 6 p.m.	 5:15 - 6:15 p.m.	 4 - 5 p.m.	 1 - 2 p.m.	 FUSION FLOW 6 - 6:45 p.m.
 STRENGTH & CORE 6 - 6:45 p.m.	 5 - 6 p.m.	 FUSION FLOW 6:15 - 7 p.m.	 CORE & GLUTES 6 - 6:45 p.m.			
 FUSION FLOW 7 - 7:45 p.m.	 FUSION FLOW 6:15 - 7 p.m.		 ZUMBA 7 - 7:45 p.m.			

## CLASS FORMAT

 STRENGTH

 CARDIO

 CYCLE

 MIND & BODY

 STRENGTH & CARDIO



No Classes  
June 19, July 3-5

## LOCATIONS

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

Reserve your spot:  
**imleagues** 

 **@uazcampusrecfitness**



# FITNESS & WELLNESS



CAMPUS  
RECREATION

Check Website for LATEST UPDATES

# 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 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!🐾

**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.🐾

**TRX & Strength NEW:** Blends the dynamic power of suspension training with the transformative benefits of strength exercises! Led by an experienced instructor, each class is carefully curated to cater to all fitness levels, from beginners to seasoned athletes. Whether you’re looking to build lean muscle, improve endurance, or enhance overall fitness, this class offers a fun and comprehensive workout!🐾

## 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 to join!🐾🐾

## 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.🐾🐾🐾

## 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!🐾🐾

**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.🐾

## Weight Room/ Studio91 Orientation

Schedule an appointment with one of our friendly FitWell Attendant Supervisors and take a tour of our weight room or Studio91. This tour will include information about policies, hours, the specific equipment we have available, and how to use select equipment. Once you have scheduled using the link below, a FitWell Attendant Supervisor will meet you at the front desk of SouthREC during your selected time All appointments are scheduled for 30 minutes. \*Please note that our FitWell Attendant staff are not certified personal trainers and the orientations are not a training session.\*

- 🐾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.

