

GROUP FITNESS

Class Schedule: ~~Spring 2025~~

Finals Week Edition
(everything's FREE!)

Finals Week starts on
Friday, May 9

May. 9	May. 10	May. 11	May. 12	May. 13	May. 14	May. 15
FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Fusion Flow 9:30 - 10:15 A.M.	Cycle 9 - 9:45 A.M.	Cycle Noon -12:45 P.M.	Fusion Flow 9:15 - 10 A.M.	F45 11 A.M - Noon	Cycle 9 - 9:45 A.M.	Cycle 6:30 - 7 A.M.
F45 Noon - 1 P.M.	F45 10 - 11 A.M.	F45 12:30 - 1:30 P.M.	F45 11 A.M - Noon	Yoga Sculpt 11 A.M - Noon	Fusion Flow 10 - 10:45 A.M.	F45 10:30 - 11:30 A.M.
Cycle 3 - 3:45 P.M.	Cycle 11 - 11:45 A.M.	F45 5 - 6 P.M.	Cycle 3 - 3:45 P.M.	Cycle 2 - 2:45 P.M	F45 11 A.M - Noon	Yoga Sculpt 11 A.M - Noon
F45 4 - 5 P.M.	Vinyasa Yoga Noon - 1 P.M.	Mat Pilates 5:30 - 6:15 P.M.	Mat Pilates 5 - 5:45 P.M.	Fusion Flow 5 - 5:45 P.M.	Zumba 8 - 8:45 P.M.	Cycle 2 - 2:30 P.M.
Mat Pilates 4:15 - 5 P.M.		Zumba 8 - 8:45 P.M.	F45 5 - 6 P.M.	F45 5 - 6 P.M.		F45 4 - 5 P.M.
SUP Meditation 5:30 - 6 P.M.			Zumba 8 - 8:45 P.M.	Zumba 7 - 7:45 P.M.		Zumba 7 - 7:45 P.M.
SUP Meditation 6:15 - 6:45 P.M.						

Part of Zen Day!
(3 - 5 p.m.)

Classes are FREE
all the way up through
Thursday, May 15

KEY

Class Formats



Cardio



Cycle



Mind Body



Strength



Strength
& Cardio

SouthREC Locations

Cycle

Larson

Room B

Pool

NorthREC Locations

Desert

Sunset

FREE Class

ALL the classes are free,
so we didn't even worry about
adding this little symbol.
We hope that's okay!

FINALS WEEK

Friday, May 9 - Thursday, May 15



NOTE

Please preregister on IMLeagues (the app works best).

GROUP FITNESS

Class Descriptions



Accessibility Levels

- OPEN ACCESSIBILITY** 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.
- MODERATE ACCESSIBILITY** 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.
- LIMITED ACCESSIBILITY** 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.

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.

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!

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.

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 SCULPT: Yoga Sculpt incorporates traditional yoga poses and hand weights with cardiovascular and muscular training. This practice starts by setting an intention with a 15-minute yoga Sun A and Sun B flow and leads into exercises that target the total body. After a full body workout, the class returns to traditional yoga poses to return to the initial intention of class and prepare for final savasana.

