

# Group Fitness

# FITNESS & WELLNESS

## MONDAY

 **CYCLE**  
6:30 - 7:15am

 **BOOTCAMP**  
7:30 - 8:30am

 **CORE & MORE**  
11:15 - 11:45am

 **POWER YOGA**  
12 - 1pm

 **METCON**  
12:15 - 1pm

 **ZUMBA®**  
3 - 4pm

 **TEMPO TRAINING**  
4:30 - 5:30pm

 **SUSPENSION TRAINING**  
5:30 - 6:30pm

 **CYCLE**  
6 - 6:45pm

 **ADAPTIVE YOGA**  
6:15 - 7:30pm

## TUESDAY

 **CYCLE**  
6:30 - 7:15am

 **BOOTCAMP**  
7:30 - 8:30am

 **CORE & RESTORE**  
9 - 9:45am

 **VINYASA YOGA**  
12 - 1pm

 **METCON**  
12:30 - 1:15pm

 **METCON**  
5 - 5:45pm

 **RIDE & ROLL**  
6:15 - 7:15 pm

 **ZUMBA®**  
6:45 - 7:45pm

## WEDNESDAY

 **CYCLE**  
6:15 - 6:45am

 **TBS**  
9:15 - 10:15am

 **SUSPENSION TRAINING**  
10:45 - 11:45am

 **CYCLE**  
12 - 12:45pm

 **YOGA FOR BEGINNERS**  
12:15 - 1:15pm

 **CYCLE**  
5:15 - 5:45pm

 **METCON**  
5:30 - 6:30pm

 **RELAX & RECOVER**  
6 - 7pm

## THURSDAY

 **CYCLE**  
7 - 7:45am

 **CORE & MORE**  
11:30 - 12pm

 **SUSPENSION TRAINING**  
12:15 - 1pm

 **TEMPO TRAINING**  
4:15 - 5:15pm

 **ZUMBA®**  
6 - 7pm

 **CORE & RESTORE**  
7:15 - 8pm

## FRIDAY

 **VINYASA YOGA**  
6:30 - 7:30am

 **METCON**  
8:15 - 9:00am

 **HATHA YOGA**  
12 - 1pm

 **SUSPENSION TRAINING**  
1:30 - 2:30pm

 **HAPPY HOUR**  
5 - 6pm

## SATURDAY

 **CYCLE**  
11 - 11:30am

 **SUSPENSION TRAINING**  
12 - 1pm

 **YOGA FOR BEGINNERS**  
1:15 - 2:15pm

## SUNDAY

 **METCON**  
2 - 2:45pm

### CLASS FORMAT

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

### LOCATIONS

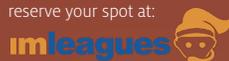
DESERT

SUNSET (CYCLE)

QUEENAX

CLASSES: AUG 26 - DEC 11 NO CLASSES SEPT 2 & 7 NOV 11, NOV 26 - DEC 1

reserve your spot at:



rev 8.19.19

**CAMPUS RECREATION**

Check Website for LATEST UPDATES  
[rec.arizona.edu/group-fitness](http://rec.arizona.edu/group-fitness)



#HealthiestCampus



# GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

## Cardio & Dance

**Zumba®:** This dance based fitness class features exotic rhythms that are set to high-energy Latin and international beats. It's a fun way to get the benefits of cardiovascular training, and get fit! 🐾

## Cardio & Strength

**Bootcamp:** Looking for resistance and cardiovascular training all in one? Use equipment that utilizes full body exercises such as battle ropes, ladders, and boxes that will help you increase strength, endurance, flexibility and functional movement. This class is great for anyone wanting to get some variety out of their workouts! 🐾

**MetCon NEW!** This class takes place on the new, state of the art Queenax! You will be pushing your fitness to the next level by using tools such as kettle bells, rowers, and med balls to burn calories and have fun in a high paced environment. 🐾🐾🐾

## Strength & Core

**Tempo Training NEW!** : In this full body workout, you'll use high-energy music as your pacer while you build strength. Using light to moderate weight selection, this strength workout emphasizes proper alignment and form and is appropriate for beginner and experienced lifters alike. 🐾🐾

**Core & More:** 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. 🐾

**Core & Restore:** You'll get the best of both worlds in this all-levels class. Using a variety of equipment, you'll build strength and stability by incorporating exercises that are designed to challenge all of the muscles of the core. Then, you'll complement your core strength with some designated time to build flexibility and help your body recover. 🐾

**Total Body Strength (TBS):** Strength training isn't just for the weight room. This class will focus on using weights, med balls, and BOSU's to blast calories, create lean muscle, and shape your body. Total Body Blast is a traditional weight training class. 🐾

**Suspension Training NEW!** : Use TRX, hanging bars, and bands to help increase strength and endurance. This class will get you moving on and off the Queenax to help you achieve your fitness goals in a fun and unique way. 🐾🐾🐾

## Cycling

**Cycle:** High-energy indoor cycling will push your fitness limits, building 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! 🐾

**Ride & Roll:** Combine the benefits of indoor cycling with self-myofascial release in this opportunity that provides both. Building muscular strength and cardiovascular endurance on the bike, work through sprints, endurance work, climbs and interval training with this low-impact workout. After your ride use a foam roller to increase your mobility, flexibility, strength, and performance on and off the bike! 🐾🐾

## Mind/Body

**Hatha Yoga:** An accessible class designed to stretch your body and focus on alignment, mindful movements, and steady breathing. This gentle flow will reconnect you with your focus.

**Power Yoga:** Expand your practice and open up in this dynamic and challenging flow class which is designed to push your flexibility and advance your training by moving more rapidly through traditional poses. Learn about the power of proper alignment, breathing and the benefits it can provide. 🐾🐾

**Relax & Recover:** Allow your body the chance to reset and rejuvenate in this all-inclusive recovery class. Recovery is an important compliment of all other activity. Using blocks, straps, and foam rollers, this prop-friendly class can be performed lying down, seated, or standing. You will learn valuable techniques to relax and practice useful modifications while practicing restorative poses. 🐾

**Vinyasa Yoga:** A discipline that uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Challenge your practice further by incorporating an indo board available in the studio to improve your balance and core strength. Appropriate for all yoga enthusiasts. 🐾

**Yoga for Beginners:** This class will provide you a chance to master the foundations of yoga. With a heavy focus on slow, thoughtful movements and alignment cues, this class is welcoming both to the new yogi looking to begin a practice, to the seasoned yogi who may be looking for additional alignment focus. Everyone is welcome! 🐾

## Happy Hour

You've made it through the week and it's time to start your weekend off right – join us every Friday from 5-6 pm for a different Group Fitness class. This class will vary from yoga and Pilates to HIIT and Tempo Training! This class is FREE and does not require a Group Fitness pass so bring your friend and workout together! Class list is available at the front desk or by checking our Instagram on Thursday @uacampusrecfitness to see what class will be offered that week.

### KEY

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. 🐾🐾🐾