

FITNESS & WELLNESS

Group Fitness

GET ACTIVE • LIVE HEALTHY • BE WELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 6:30 - 7:15am	CYCLE 7 - 7:30am	CYCLE 6:30 - 7:15am	CYCLE 6:30 - 7:15am	CYCLE 6:30 - 7:15am		VINYASA YOGA 9:30-10:30am
PILATES 6:30 - 7:15am	BOOTCAMP 7 - 7:45am	PILATES 6:30 - 7:15am	HIIT & CORE 7 - 7:45am	VINYASA YOGA 7:30 - 8:30am		TBS 12:30-1:30pm
TBS 7 - 7:45am	HATHA YOGA 7:15 - 8:15am	TBS 7:00 - 7:45am	HATHA YOGA 7:30 - 8:30am	WILDCAT CARDIO 11 - 11:45pm		CYCLE 1:45-2:30pm
TEMPO TRAINING 9:30-10:30am	TBS 9 - 10am	TEMPO TRAINING 9:30 - 10:30am	TBS 9 - 10am	SAMPOORNA YOGA 12 - 1pm		
HATHA YOGA 12 - 1pm	YIN YOGA 12:15 - 1:15pm	HATHA YOGA 12 - 1pm	HATHA YOGA 12 - 1pm	TBS 12:15 - 1:15pm		
HIIT 12:15 - 12:55pm	TBS 12:45 - 1:30pm	HIIT 12:15 - 12:55pm	HIIT & CORE 1:15 - 2pm	CORE & MORE 1:30 - 2pm		BIKE & BODYWEIGHT 2 - 3pm
CORE & MORE 1:15 - 1:45pm	TEMPO TRAINING 4:15 - 5:15pm	CORE & MORE 1:15 - 1:45pm	TEMPO TRAINING 4:15 - 5:15pm	CARDIO DANCE 2:30 - 3:30pm		TEMPO TRAINING 3:30 - 4:30pm
TBS 4 - 5pm	CYCLE 5:45 - 6:30pm	TBS 4 - 5pm	MIXXEDFIT® 5:30 - 6:30pm	VINYASA YOGA 4 - 5pm		VINYASA YOGA 5:30 - 6:30pm
ZUMBA® 5:30 - 6:30pm	VINYASA YOGA 6 - 7:15pm	ZUMBA® 5:30 - 6:30pm	CYCLE 5:45 - 6:30pm			ZUMBA® 7 - 8pm
CYCLE 6 - 6:45pm	BOOT CAMP 7 - 8pm	CYCLE 5:45 - 6:30pm	YIN YOGA 6:45 - 7:45pm			
YOGA & MEDITATION 7 - 8pm	CARDIO DANCE 7:30 - 8:15pm	YOGA CORE 7 - 7:45pm	BOOT CAMP 7 - 8pm			
CARDIO DANCE 8:15 - 9pm						

CLASS FORMAT

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

The REC LOCATIONS

BOULDERING

ROOM B

ROOM A

CYCLE STUDIO

CLASSES: AUG 26 - DEC 11 NO CLASSES: SEP 2 & 7, NOV 11, NOV 28-DEC 1

reserve your spot at:



rev 8.28.19

CAMPUS RECREATION



Check Website for LATEST UPDATES
rec.arizona.edu/group-fitness

#HealthiestCampus

GROUP FITNESS @ The REC: CLASS DESCRIPTIONS

Cardio & Dance

Cardio Dance: An aerobic dance workout with easy to follow choreography. Whether you are brand new to dance or experienced, you will be sure to break a sweat and have a great time moving to today's hits! 🐾

MixedFit®: A people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best! 🐾🐾🐾

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! 🐾

HIIT: HIIT stands for High Intensity Interval Training. This is 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. Modifications for all fitness levels are provided. 🐾🐾🐾

HIIT & Core: Combining two of our most popular classes – high intensity interval training and core & more! Get your heart rate up and finish with an abdominal burn! 🐾🐾🐾

Wildcat Cardio: Get your heart pumping with this dynamic and energetic cardio class! Who says cardio can't be fun!? With a new format every week, each workout will keep you moving in a fun, creative way! 🐾

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. 🐾

Cycling

Bike & Bodyweight: Kick start your day by combining your cardio and strength training in this non-stop high-energy class! Begin class in the Spin Studio on an intense ride focused on muscular strength and endurance and then jump off the bike mid class for a balanced strength-training workout utilizing just your bodyweight. Finish out the class with a steady state ride.

If you wear cycle shoes that clip in, be prepared to also have closed toed athletic shoes with you 🐾

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! 🐾

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. 🐾

Pilates®: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advances training and core strength. A combination of purposeful movements to improve posture, muscle endurance, and core stability. Pilates is a great way to reduce stress. 🐾

Samapurna Yoga: A combination of Pranayama (breath work), Hatha-based asana, and meditation. It focuses on spinal alignment and breath awareness throughout the practice. Mind to body connection will be emphasized as you move through postures, perfecting form and reflecting inward. This class will leave you feelings refreshed, recharged and happy. 🐾

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. 🐾

Yin Yoga: Connect with your mind, body, and spirit in this restorative yoga class designed for all levels providing a variety of health benefits. This relaxing yoga class will combine breath work with other stress-management techniques to leave you feeling relaxed and restored. Postures are held for 2-3 minutes of time to initiate deeper relaxation of the body and mind. 🐾

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. 🐾

Yoga Core NEW!: A Vinyasa flow centered on building and strengthening the core, combining dynamic asanas with targeted abdominal exercises. This class is sure to fire up your core to strengthen your lower back, abs, and obliques. 🐾

Yoga & Meditation: An accessible class designed to stretch your body, and connect to your breath and heart. Class begins with a slow, flowing Vinyasa sequence focused on alignment, mindful movements, and steady breathing. As class winds down, you'll end with a fifteen-minute meditation with the option for a light neck and shoulder massage, to help you calm your mind and become centered in your body. 🐾

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 BODYPUMP™! 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 varying ability levels. Moderate movement skills and intensities are programmed but can be adapted.

🐾🐾🐾 Class is designed for higher intensities and movement ability. 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.