FITNESS & WELLNESS
Summer B

VIRTUAL Group Fitness & Training
GET ACTIVE • LIVE HEALTHY • BE WELL

MONDAY       TUESDAY       WEDNESDAY       THURSDAY       FRIDAY

CYBER STRENGTH 12 - 12:45pm
HIIT & CORE 9:00 - 9:45am
VINYASA YOGA 12:00 - 1:00pm
F45 10:00 - 11:00am
YOGA & MEDITATION 10:00 - 11:00am

POWER YOGA 5:15 - 6:15pm
F45 12:00 - 1:00pm
F45 5:15 - 6:15pm
BOOTCAMP 12:30 - 1:15pm
F45 12:00 - 1:00pm

CARDIO DANCE 5:15 - 6:00pm

CLASS FORMAT
CARDIO  MIND & BODY  STRENGTH  STRENGTH & CORE  STRENGTH & CARDIO

CLASSES: JULY 6 – AUGUST 14

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

Registration is Required Through
imleagues
GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS (Online)

**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! This class can be done entirely without equipment.

**Cardio & Strength**

**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! This class can be done entirely without equipment.

**Bootcamp:** Looking for strength and cardiovascular training all in one? Perform exercises that utilizes your whole body 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! This class can be done entirely without equipment.

**F45:** F45 is the world’s fastest growing functional training network. The “F” stands for Functional Training and the “45” stands for the total-time of the classes. F45 offers a high intensity, circuit style workout for all individuals. Workouts are created by the F45 database of over 3,000 different exercises, so participants never get the same workout twice.

**Strength & Core**

**Cyber Strength:** In this full body workout, you’ll use high-energy music as your pacer while you build strength. While body weight work will be the main emphasis, this is also a great time to get creative with household items that can serve as resistance in the absence of weights! Grab your gallons of water, laundry detergent, or bag of dog food to help you get strong!

**Barre:** In this core focused workout, you’ll use ballet inspired techniques to strengthen and lengthen your body. The precise movements and small range of motion will help you tap into muscles you didn’t even know you have! It is recommended to have a chair or wall to act as your barre, as well as light hand weights or any other household item (canned goods, small water bottles, etc.) for extra resistance.

**Mind/Body**

**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. This class can be done entirely without equipment.

**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. This class can be done entirely without equipment.

**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 to help you calm your mind and become centered in your body. This class can be done entirely without equipment.

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<td>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.</td>
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| 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. |