

FITNESS & WELLNESS



TEAM TRAINING ★ LIFE CHANGING

MON	TUE	WED	THUR	FRI	SAT	SUN
7:00 am	7:00 am	7:00 am	7:00 am	10:00 am	9:15 am	2:00 pm
10:00 am	9:30 am	10:00 am	9:30 am	12:00 pm	12:00 pm	5:15 pm
12:00 pm	12:00 pm	12:00 pm	12:00 pm	2:15 pm		
1:30 pm	1:30 pm	2:15 pm	1:30 pm	5:00 pm		
5:30 pm	5:15 pm	5:15 pm	5:15 pm			
		6:45 pm	6:45 pm			

LEGEND

- CARDIO
- STRENGTH
- STRENGTH & CARDIO

F45 is the world's fastest growing functional training network! Workouts are designed to help you reach your fitness goals in a fun, high energy, and community style! F45 is open for all experience levels.

Prices: Semester \$45/\$65 F45 only pass. All pass options available at rec.arizona.edu

No Class Dates: September 2 & 7, November 11, November 28–December 1

Location: Larson • 1 Hour Sessions

CAMPUS RECREATION

rec.arizona.edu



RESERVE YOUR SPOT AT:
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