## FALL SCHEDULE

### GROUP FITNESS

**Monday**
- **CYCLE** 5:30 - 7:00 AM
- **VINYASA YOGA** 8:30 - 9:30 AM
- **F45** 9:30 - 10:30 AM
- **CYCLE** 10:30 - 11:30 AM

**Tuesday**
- **SUNRISE YOGA** 5:30 - 6:30 AM
- **WILDCAT AEROBIX** 6:45 - 7:30 AM
- **F45** 7:30 - 8:30 AM

**Wednesday**
- **CYCLE** 8:30 - 9:30 AM
- **FUSION FLOW** 9:30 - 10:30 AM
- **CYCLE** 10:30 - 11:30 AM
- **F45** 11:30 - 12:30 PM

**Thursday**
- **SUNRISE YOGA** 6:30 - 7:30 AM
- **WILDCAT AEROBIX** 6:45 - 7:30 AM
- **F45** 7:30 - 8:30 AM

**Friday**
- **CYCLE** 8:30 - 9:30 AM
- **FUSION FLOW** 9:30 - 10:30 AM
- **F45** 10:30 - 11:30 AM

**Saturday**
- **FUSION FLOW** 9:30 - 10:30 AM

**Sunday**
- **F45** 9:30 - 10:30 AM

**Locations**
- Queenax (NREC)
- Larson
- Pool Shallow (NREC)
- Cycle Studio
- Virtual
- Sunset (NREC)
- Desert (NREC)
- Honors Village
- Room A
- Room B

**Class Format**
- Cardio
- F45
- Mind & Body
- Strength
- Strength & Cardio

**Free Classes**

**No Classes:**
- Sep 6, 25
- Nov 11, 22-26

Check Website for Latest Updates: rec.arizona.edu/group-fitness
Follow @uazcampusrecfitness on Instagram

rec.arizona.edu
Group Fitness @ UA Campus Rec: Class Descriptions

Happy Hour
You’ve made it through the week and it’s time to start your weekend off right – join us every Friday from 5:30-6:30pm for our weekly Happy Hour class. This class is FREE, does not require a Fitness pass, and changes formats every week so bring your friend and workout together! The class format will be announced every Thursday on our Instagram @uazcampusrecfitness.

F45
The world’s fastest growing functional training network. This class offers a high intensity, circuit style workout for all individuals. 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

MixededFit: A people-inspired dance fitness program that is a mix of explosive dancing and bootcamp. This class will give you a total body workout with fun, nightclub dances combined with challenging, bootcamp-inspired exercises. If you like squats, jumping jacks, and shaking it off, join us at MixededFit!

Cardio Dance: Dance the day away with this aerobic dance workout that features easy to follow choreography. Whether you are brand new to dance or an experienced dancer, you will be sure to break a sweat and have a great time moving in this class.

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!

Cardio & Strength

Ride-Rep-Recover: Rev it out, pump it up, and relax it down with this combined cycling, resistance training, & yoga class. Ride-Rep-Recover offers a little of everything in one class; including a high-energy cardio workout, a resistance-based strengthening workout, and a mind/body practice. Prepare to leave feeling relaxed and invigorated!

Bear Down Bootcamp: A full body, fast paced workout that takes place on the state of the art Queenax! This class offers movements to increase your strength, endurance, flexibility and functionality while pushing your fitness to the next level.

Wildcat Aerobix: Splash-splash with Wildcat Aerobix! This class will give you a full body aerobic workout in the water. Don’t have much swim experience? No problem! This program is geared towards swimmers of all skill levels.

Cycling

Cyc: A high-energy cycling workout that will push your fitness limits and that will build 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

Sunrise Yoga: A energizing, morning yoga practice that gives you the chance to stretch your body with mindful postures and steady breathing. Sunrise Yoga will help you feel rejuvenated to take on the rest of your day.

Gentle Yoga: A slow-flow yoga practice that will give you the chance to master the foundations of yoga. With a heavy focus on thoughtful movements and alignment cues, this class is welcoming both to new yogis, looking to begin a practice, to seasoned yogis, looking for additional alignment focus. Everyone is welcome!

Power Yoga: Expand your practice with this dynamic, challenging flow. This class will help you class increase your flexibility and advance your training by moving more rapidly through traditional poses. Learn the power of proper alignment, breathing, and high-energy movements.

Guided Meditation: Take a pause with Guided Meditation. Wherever you are, this class offers a moment of mindfulness giving you a chance to reset and refocus on the present moment.

Vinyasa Yoga: A flow-sequence 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. Acknowledge the power of your breath with Vinyasa Yoga.

Fusion Flow: A mind/body class that combines yoga, Pilates, and core practices. This class offers a chance to increase your personal strength, mobility, and mindfulness. Come and discover how your inner strength can shine!

Yoga & Meditation: An accessible class designed to stretch your body and connect to your breath and heart. This class offers a slow-flow, which focuses on alignment, mindful movements, and steady breathing, in addition to a final relaxation meditation which focuses on centering the body and mind. Enjoy this relaxing and inspiring dual.

Virtual Classes
All Virtual classes are free and available to anyone. Pre-registration is required through IMLeagues as a zoom link will be sent through email 10-minutes before the class begins. All classes do not require equipment and can be done in the comfort of your own home!

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.

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