<table>
<thead>
<tr>
<th>Days</th>
<th>Cardio Dance</th>
<th>F45</th>
<th>Mind &amp; Body</th>
<th>Strength</th>
<th>Strength &amp; Cardio</th>
<th>Strength &amp; Core</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4-00 - 4:50pm</td>
<td>F45</td>
<td>5:30 - 6:15pm</td>
<td>5:45 - 6:30pm</td>
<td>9:30 - 10:30am</td>
<td>12:00 - 1:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:30 - 8:30am</td>
<td>F45</td>
<td>7:00 - 7:30am</td>
<td>7:00 - 7:30am</td>
<td>5:15 - 6:15pm</td>
<td>11:30 - 12:15pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:30 - 8:30am</td>
<td>CYCLE</td>
<td>7:30 - 8:30am</td>
<td>5:45 - 6:30pm</td>
<td>12:00 - 12:45pm</td>
<td>7:00 - 7:30am</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:30 - 8:30am</td>
<td>F45</td>
<td>7:00 - 7:30am</td>
<td>5:45 - 6:30pm</td>
<td>12:00 - 12:45pm</td>
<td>7:00 - 7:30am</td>
</tr>
<tr>
<td>Friday</td>
<td>7:30 - 8:30am</td>
<td>F45</td>
<td>7:00 - 7:30am</td>
<td>5:45 - 6:30pm</td>
<td>12:00 - 12:45pm</td>
<td>7:00 - 7:30am</td>
</tr>
<tr>
<td>Saturday</td>
<td>CYCLE</td>
<td>9:00 - 9:45am</td>
<td>STRENGTH &amp; YOGA</td>
<td>4:00 - 5:00pm</td>
<td>9:30 - 10:30am</td>
<td>10:00 - 11:45am</td>
</tr>
<tr>
<td>Sunday</td>
<td>CYCLE</td>
<td>11:30 - 12:15pm</td>
<td>STRENGTH &amp; YOGA</td>
<td>4:00 - 5:00pm</td>
<td>9:30 - 10:30am</td>
<td>10:00 - 11:45am</td>
</tr>
</tbody>
</table>

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

**FREE CLASSES**

**CLASS FORMAT**

- Cardio
- F45
- Mind & Body
- Strength
- Strength & Cardio
- Strength & Core

**LOCATIONS**

- MAC Gym
- Honors Village
- Pool Deck
- Room B
- Online

**CLASSES: FEB 22 - MAY 5**

No classes March 9 & 10, April 2 & 24
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.

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 F45. This class is FREE and does not require a Fitness pass so bring your friend and workout together! Pre-registration is still required through IMLeagues.

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!

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? Perform exercises that utilize your full body and 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 & Core: 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 and core designed to increase strength, improve your endurance and push your boundaries. Get your heart rate up and finish with an abdominal burn!

Strength & Core

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.

Cycling

Cycle: High-energy 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

Fusion Pilates: This energetic class includes a variety of exercises from different formats including barre, yoga, and strength training with its own unique twist. Designed to improve and strengthen your core and increase flexibility all while performing a series of purposeful exercises on a mat. This format is appropriate for beginners and experienced exercisers alike.

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.

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.

Fusion Flow: Fusion Flow is a combination of Yoga and Strength. We will focus the first half of the class on developing full body strengthening through standing asanas and flow, core poses, and static and dynamic balance. We then move into deep stretches and meditation to complete the practice. Throughout all work there will be a focus on connection to breath and the flow of connecting movement to breathing. 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. 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.

*Latest Updates:

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