

GROUP FITNESS & F45

SUMMER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLE 7:00 - 7:30 AM	CYCLE 7:00 - 7:45 AM	F45 7:30 - 8:30AM	VINYASA YOGA 7:00 - 8:00 AM	FUSION FLOW 8:30 - 9:30 AM	RID-REP-RECOVER 9:00 - 10:00 AM
F45 7:30 - 8:30 AM	VINYASA YOGA 7:00 - 8:00 AM	METCON 12:00 - 12:45 PM	F45 7:30 - 8:30 AM	F45 10:00 - 11:00AM	F45 10:00 - 11:00 AM
F45 11:30 - 12:30 PM	F45 7:30 - 8:30 AM	POWER YOGA 12:00 - 12:50 PM	F45 11:30 - 12:30 PM	CYCLE 5:30 - 6:15 PM	Sunday
METCON 12:00 - 12:45 PM	F45 12:00 - 1:00 PM	CYCLE 5:15 - 6:00 PM	F45 12:00 - 1:00 PM	HAPPY HOUR 5:30 - 6:30 PM	CYCLE 11:30 - 12:15 PM
F45 5:15 - 6:15 PM	CYCLE 5:30 - 6:15 PM	VINYASA YOGA 5:30 - 6:15 PM	CYCLE 5:30 - 6:15 PM		F45 4:00 - 5:00 PM
CYCLE 5:30 - 6:15 PM	CARDIO DANCE 5:30 - 6:30 PM	F45 6:00 - 7:00 PM	F45 6:00 - 7:00 PM		VINYASA YOGA 6:00 - 7:00 PM
BEGINNER YOGA 6:00 - 7:00 PM	F45 6:00 - 7:00 PM		VINYASA YOGA 6:00 - 7:00 PM		
			CARDIO DANCE 7:15 - 8:15 PM		

FREE CLASSES

CLASS FORMAT

- CARDIO
- F45
- MIND & BODY
- STRENGTH
- STRENGTH & CARDIO
- STRENGTH & CORE

LOCATIONS

- QUEENAX (NREC)
- LARSON
- ROOM B
- CYCLE STUDIO
- ONLINE
- DESERT (NREC)
- HONORS VILLAGE

CLASSES: JUNE 1 - AUGUST 11 NO CLASSES: JULY 4 & 5

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

Reservations Required:
 imleagues



FITNESS & WELLNESS

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

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. 🐾🐾🐾

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! 🐾

Cardio & Strength

MetCon: This class takes place on the, state of the art Queenax! You will be pushing your fitness to the next level by using tools such as kettle bells, rowers, and med balls to increase your functional ability and have fun in a high paced environment. 🐾🐾🐾

Ride-Rep-Recover: Rev it out, pump it up, and then relax it down with this combined cycling, resistance training, & yoga class. The class will begin on the bikes with a high-energy cardio workout transition to resistance training and will end with a mix of yoga, and relaxation exercises aimed at building muscle strength, increasing flexibility, and relaxing the mind and body. Prepare to leave feeling relaxed and invigorated! 🐾🐾

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

Beginner Yoga: This class will provide you a chance to master the foundations of yoga. With a heavy focus on slow, thoughtful movements and alignment cues, this class is welcoming both to the new yogi looking to begin a practice, to the seasoned yogi who may be looking for additional alignment focus. Everyone is welcome! 🐾

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! (two) 🐾🐾

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. 🐾🐾

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. 🐾

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 either F45 or a general Group Fitness class. 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.

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