

FITNESS & WELLNESS

Fall 2018

Group Fitness

GET ACTIVE • LIVE HEALTHY • BE WELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES 6:30 - 7:15am	CYCLE 7:00 - 7:30am	CYCLE 6:30 - 7:15am	CYCLE 7:00 - 7:30am	RIDE & ROLL 6:30 - 7:15am	CYCLE 8:30 - 9:00am	
CYCLE 7:00 - 7:45am	BOOTCAMP 7:00 - 8:00am	PILATES 6:30 - 7:15am	BOOTCAMP 7:00 - 8:00am	PILATES 6:30 - 7:15am	VINYASA YOGA 9:15 - 10:15am	
HIIT 8:00 - 8:30am	SAMPOORNA YOGA 8:00 - 9:00am	HIIT 9:30 - 10:00am	VINYASA YOGA 8:00 - 9:00am	BODYPUMP™ 10:10 - 11:10am	MIXXED FIT® 11:00 - 12:00pm	
HIIT 9:30 - 10:00am	HIIT 9:15 - 9:45am	BODYPUMP™ 10:10 - 11:10am	HIIT 9:15 - 9:45am	CORE & MORE 11:20 - 11:50am	BODYPUMP™ 12:15 - 1:15pm	
CORE & MORE 10:15 - 10:45am	CORE & MORE 10:00 - 10:30am	CORE & MORE 11:20 - 11:50am	CORE & MORE 10:00 - 10:30am	VINYASA YOGA 12:10 - 1:10pm	HIIT & CORE 1:30 - 2:15pm	
CYCLE 12:10 - 12:40pm	BODYPUMP™ 10:00 - 11:00am	CYCLE 12:10 - 12:40pm	BODYPUMP™ 10:00 - 11:00am	BODYPUMP™ 12:15 - 1:00pm		
VINYASA YOGA 12:10 - 1:10pm	HIIT 12:10 - 12:40pm	VINYASA YOGA 12:10 - 1:10pm	HIIT 12:10 - 12:40pm	RETRO AEROBICS 1:15 - 2:15pm		
BODYPUMP™ 12:15 - 1:00pm	VINYASA YOGA 12:10 - 1:00pm	BODYPUMP™ 12:15 - 1:00pm	VINYASA YOGA 12:10 - 1:00pm	HAPPY HOUR! 5:00 - 6:00pm	TBS 4:00 - 5:00pm	
PILATES 1:30 - 2:30pm	CYCLE 1:00 - 1:30pm	ABC 4:15 - 5:00pm	CYCLE 1:00 - 1:30pm	CYCLE 5:30 - 6:00pm	CYCLE 5:30 - 6:15pm	
ZUMBA® 5:15 - 6:15pm	TBS 2:15 - 3:00pm	ZUMBA® 5:15 - 6:15pm	SPORTS CONDITIONING 2:15 - 3:00pm		BOOTCAMP 6:30 - 7:30pm	
CYCLE 5:30 - 6:00pm	CYCLE 5:30 - 6:15pm	CYCLE 5:30 - 6:00pm	TRIPLE S 4:15 - 5:00pm			
BODYPUMP™ 6:00 - 7:00pm	BODY COMBAT™ 5:30 - 6:15pm	VINYASA YOGA 5:30 - 6:30pm	CYCLE 5:30 - 6:15pm			
YOGA & MEDITATION 6:30 - 7:30pm	ZUMBA® 5:30 - 6:30pm	TBS 6:00 - 7:00pm	CARDIO DANCE 5:30 - 6:30pm			
ZUMBA® 7:40 - 8:30pm	BOOTCAMP 6:30 - 7:30pm	CARDIO DANCE 7:00 - 8:00pm	BODYPUMP™ 5:30 - 6:30pm			
POWER YOGA 8:00 - 9:00pm	BODYPUMP™ 6:30 - 7:30pm	SAMPOORNA YOGA 8:00 - 9:00pm	BOOTCAMP 6:30 - 7:30pm			
	POWER YOGA 7:00 - 8:00pm		SAMPOORNA YOGA 7:00 - 8:00pm			
	WERQ® 7:00 - 8:00pm		MIXXED FIT® 7:00 - 8:00pm			

CLASSES: Aug 20-Dec 5

*NO CLASSES: 9/3, 9/15, 11/12, 11/21 (after 12pm) - 11/25

*Classes may be affected by home game days, see website for latest announcements.

CLASS FORMAT

- CARDIO
- STRENGTH
- CYCLE
- STRENGTH & CARDIO
- MIND & BODY
- STRENGTH & CORE

LOCATIONS

WOODARD	ROOM A
LARSON	CYCLE
ROOM B	BOULDERING

rev 9/24/18

CAMPUS RECREATION



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

#HealthiestCampus