

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	RETRO AEROBICS 1:15 - 2:15pm		
VINYASA YOGA 12:10 - 1:10pm	HIIT 12:10 - 12:40pm	VINYASA YOGA 12:10 - 1:10pm	HIIT 12:10 - 12:40pm	? HAPPY HOUR! 5:00 - 6:00pm		
BODYPUMP™ 12:15 - 1:00pm	VINYASA YOGA 12:10 - 1:00pm	BODYPUMP™ 12:15 - 1:00pm	VINYASA YOGA 12:10 - 1:00pm	CYCLE 5:30 - 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 - 6:15pm	
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 9/17/18

CAMPUS RECREATION



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

#HealthiestCampus

Cardio & Strength

BODYCOMBAT™ : A high-energy cardio kickboxing workout. This class is perfect for anyone new or experienced to BodyCombat. Release stress, have a blast and feel like a champ while learning some literal butt-kicking moves. No-contact and appropriate for everyone to join. (ALL)

Boot Camp: Looking for resistance and cardiovascular training all in one? Use equipment that utilizes full body exercises such as battle ropes, ladders, and boxes that will help you increase strength, endurance, flexibility and functional movement. This class is great for anyone wanting to get some variety out of their workouts! (INT)

HIIT: HIIT stands for High Intensity Interval Training. 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 designed to increase strength, improve your endurance and push your boundaries. Modifications for all fitness levels are provided. (INT)

HIIT & Core: **NEW!** Combining two of our most popular classes – high intensity interval training and core & more! Get your heart rate up and finish with an abdominal burn! (ALL)

ABC: **NEW!** Agility, Balance, & Core! Challenge your body in a different way! A movement-based training that combines agility, balance, coordination, and strength. This class is based on evidence-based movements that improve brain function, body awareness and control, starting and stopping actions and reactions, change of direction, and footwork. (ALL)

Retro Aerobics! Ever feel like you just want to dance, but don't have the hippest of moves? Go back in time to the 1980's for some good old-style aerobics! This workout is an hour of cardio blast, with a bit of light-weight resistance training followed by stretching. There are plenty of movements that anybody can do at their own level. The music is upbeat and retro, and will have you singing along as you dance the hour away! Leg warmers and neon headbands encouraged. Come build your cardiovascular fitness and have a great time! (ALL)

Triple S: **NEW!** Looking for a total-body workout that is creative and fun? Triple S – strength, sweat, and stretch! Get in a killer workout and then body restoration to follow. The ultimate package all in one. (ALL)

Sports Conditioning: This class will emphasize constantly-varied, functional movement. Work on your power, speed, agility, cardiovascular endurance, strength, mobility, and more through different sports drills. Increase your performance for activities of daily living and fitness! (ALL)

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. (ALL)

BODYPUMP™: By using light to moderate weight with high repetitions, BODYPUMP™ gives you a total body workout. Burning up to 590 calories, instructors will coach you through the scientifically proven moves and techniques, pumping out encouragement, motivation and great music – helping you achieve your personal best! (ALL)

Total Body Strength (TBS): Strength training isn't just for the weight room. This class will focus on using weights, med balls, and BOSU's to blast calories, create lean muscle, and shape your body. Total Body Blast is a traditional weight training class. (ALL)

Cycling

Cycle: High-energy indoor 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! (ALL)

Ride & Roll: Combine the benefits of indoor cycling with self-myofascial release in this opportunity that provides both. Building muscular strength and cardiovascular endurance on the bike, work through sprints, endurance work, climbs and interval training with this low-impact workout. After your ride use a foam roller to increase your mobility, flexibility, strength, and performance on and off the bike! (ALL)

Cardio & Dance

WERQ®: WERQ is a wildly addictive cardio dance workout based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. New routines are introduced weekly, so you get the WERQ routines you know and can also challenge yourself with new one's you're learning.

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! (ALL)

Cardio Dance: **NEW!** 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! (ALL)

MixedFit®: **NEW!** A people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best! (INT/ADV)

Mind/Body

Yoga & Meditation: An invigorating and accessible class designed to stretch your body, and connect to your breath and heart. Class begins with a slow, flowing Hatha sequence focusing on alignment, mindful movements, and steady breathing. As class winds down, you'll be guided through a ten-minute seated meditation to help you calm your mind and become centered in your body and heart. (ALL)

Pilates: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advances training and core strength. A combination of purposeful movements to improve posture, muscle endurance, and core stability. Pilates is a great way to reduce stress. (ALL)

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. (INT/ADV)

Sampoorna Yoga: Integrating elements of Hatha, Bhakti, and Jnana practices, Sampoorna places a strong emphasis on rhythm of the breath and achieving a sense of fullness from within. Participants will harmonize and transform the whole being, physically, emotionally, mentally and intellectually in this calming practice.

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. (ALL)

Happy Hour

NEW! You've made it through the week and it's time to start your weekend off right-join us every Friday from 5-6 pm for a different Group Fitness class. This class will vary from yoga and Pilates to Triple S and BodyPump! This class is FREE and does not require a Group Fitness pass so bring your friend and workout together! Class list is available at the front desk or by checking our Instagram on Thursday @uacampusrecfitness to see what class will be offered that week.