

FITNESS & WELLNESS

Summer 2018

Group Fitness

GET ACTIVE • LIVE HEALTHY • BE WELL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|------------------------------------|--------------------------------------|------------------------------------|--------------------------------|--------------------------------|--------|
| RIDE & ROLL 6:20 - 7:15am | BOOTCAMP 7:30 - 8:15am | CYCLE 6:20 - 7:15am | BOOTCAMP 7:30 - 8:15am | RIDE & ROLL 6:20 - 7:15am | CYCLE 8:30 - 9:15am | |
| PILATES 6:30 - 7:15am | CORE & MORE 11:15 - 11:45am | PILATES 6:30 - 7:15am | CORE & MORE 11:15 - 11:45am | PILATES 6:30 - 7:15am | YOGA 9:30 - 10:30am | |
| CORE & MORE 10:30 - 11:00am | TBB 12:00 - 1:00pm | CORE & MORE 10:30 - 11:00am | TBB 12:00 - 1:00pm | CORE & MORE 10:30 - 11:00am | BODY PUMP 9:30 - 10:30am | |
| HIIT 11:15 - 11:45am | BODY ATTACK 12:10 - 1:00pm | HIIT 11:15 - 11:45am | CYCLE 12:10 - 12:40pm | HIIT 11:15 - 11:45am | ZUMBA 10:00 - 11:00am | |
| VINYASA YOGA 12:00 - 1:00pm | VINYASA YOGA 12:10 - 1:00pm | VINYASA YOGA 12:00 - 1:00pm | VINYASA YOGA 12:10 - 1:00pm | TBB 12:00 - 1:00pm | CORE & MORE 10:40 - 11:10am | |
| BODY PUMP 12:00 - 1:00pm | BOOTCAMP 4:30 - 5:15pm | CYCLE 12:10 - 12:40pm | BOOTCAMP 4:30 - 5:15pm | YIN YOGA 12:00 - 12:50pm | BODY PUMP 12:00 - 1:00pm | |
| SPORTS CONDITIONING 4:00 - 4:45pm | BODY PUMP 5:15 - 6:15pm | SPORTS CONDITIONING 4:00 - 4:45pm | BODY PUMP 5:15 - 6:15pm | CYCLE 12:10 - 12:40pm | | |
| PILATES 5:00 - 5:45pm | BIKE & BODYWEIGHT 5:30 - 6:15pm | PILATES 5:00 - 5:45pm | BIKE & BODYWEIGHT 5:30 - 6:15pm | | | |
| CYCLE 5:30 - 6:00pm | ZUMBA 6:30 - 7:30pm | CYCLE 5:30 - 6:00pm | ZUMBA 6:30 - 7:30pm | | | |
| BODY PUMP 5:30 - 6:30pm | CYCLE 6:30 - 7:00pm | BODY PUMP 5:30 - 6:30pm | CYCLE 6:30 - 7:00pm | | | |
| BODY COMBAT 6:45 - 7:30pm | TBB EXPRESS 6:45 - 7:15pm | CYCLE 6:30 - 7:00pm | TBB EXPRESS 6:45 - 7:15pm | | | |
| MOONLIGHT YOGA 7:15 - 8:15pm | MOONLIGHT YOGA 7:15 - 8:15pm | BODY COMBAT 6:45 - 7:30pm | FLOW YOGA 7:15 - 8:15pm | | | |
| | | FLOW YOGA 7:15 - 8:15pm | | | | |

CLASSES: May 14 - August 10
EXCEPT: May 27, May 28 & July 4

CLASS FORMAT

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

LOCATIONS

ROOM B

BOULDERING

SPIN STUDIO

ROOM A

WOODARD

rev 6/22/18

CAMPUS RECREATION



Physical



Social



Spiritual



THE UNIVERSITY OF ARIZONA

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

#HealthiestCampus

Cardio & Dance

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)

STEP: This choreographed routine will develop both cardiovascular and muscular endurance, while sculpting the body. Using a bench raised to your chosen height, follow this cardiovascular conditioning focused workout to train not just your legs, but your whole body! (ALL)

BODYATTACK™: A high-energy fitness class with moves catered for total beginners to veterans. Combining functional movements like running, jumping, lunges, and other body-weight exercises, our instructor will push you through an energizing workout that will challenge your limits, burn calories, all leave you feeling strong! (ALL)

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)

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)

Cardio & Strength

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)

Sports Conditioning: This class will emphasize constantly-varied, high-intensity 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!

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 Blast (TBB): 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)

TBB Express: Strength training doesn't have to take hours in the weight room. Focus on creating lean muscle with weights, med balls, BOSU's and other equipment to blast calories and shape your body. Total Body Blast Express is a traditional weight training class all in just 30 minutes! (ALL)

Cycling

Cycle: High-energy indoor cycling will push your fitness limits, building muscular strength and cardiovascular endurance through a mix of interval trainings, 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)

Bike & Bodyweight: Kick start your day by combining your cardio and strength training in this non-stop high-energy class! Begin class in the Spin Studio on an intense ride focused on muscular strength and endurance and then jump off the bike mid class for a balanced strength-training workout utilizing just your bodyweight. Finish out the class with a steady state ride. **If you wear cycle shoes that clip in, be prepared to also have closed toed athletic shoes with you** (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)

Mind/Body

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. (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)

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)

Yin Yoga: This practice of yoga is designed to help you sit longer, and more comfortable, in meditation by stretching the tissue around the joints. Yin is considered a passive practice and involved variations of seated and supine (laying on back), typically held for 3-5 minutes. Great way to end a long week of stress on the body!

Moonlight Yoga: Take time at the end of the day to realign your body and mind. A peaceful yoga style class to help you relax, restore, and prepare for the rest of your night (ALL).

Flow Yoga: A discipline which uses a series of flowing postures linked by the breath to stretch and strengthen the body while creating internal energy. Appropriate for all yoga levels.