

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

### CLASS FORMAT

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

### LOCATIONS

- ROOM B
- BOULDERING
- SPIN STUDIO
- ROOM A
- WOODARD

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

rev4/23/18

## CAMPUS RECREATION



Check Website for LATEST UPDATES  
[rec.arizona.edu/group-fitness](http://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.