

# FITNESS & WELLNESS

## Group Fitness

GET ACTIVE • LIVE HEALTHY • BE WELL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 6:30 - 7:00am	CYCLE 7:00 - 7:30am	PILATES® 6:30 - 7:15am	CYCLE 7:00 - 7:30am	PILATES® 6:30 - 7:15am		
PILATES® 6:30 - 7:15am	BOOTCAMP 7:00 - 7:45am	CYCLE 6:45 - 7:15am	BOOTCAMP 7:00 - 7:45am	VINYASA YOGA 8:00 - 9:00am	CYCLE 8:30 - 9:00am	
BODYPUMP™ 9:00 - 10:00am	POWER YOGA 7:30 - 8:30am	BODYPUMP™ 9:00 - 10:00am	SAMPOORNA YOGA 7:30 - 8:30am	WILDCAT CARDIO 11:30 - 12:00pm	VINYASA YOGA 9:15 - 10:15am	
BODYPUMP™ 12:15 - 1:00pm	BODYPUMP™ 9:00 - 10:00am	WILDCAT CARDIO 11:30 - 12:00pm	BODY COMBAT™ 11:00 - 12:00pm	CYCLE 12:15 - 12:45pm	MIXXED FIT® 10:30 - 11:30am	
VINYASA YOGA 12:15 - 1:15pm	CORE 10:10 - 10:40am	TBS 12:15 - 1:00pm	BODYPUMP™ 12:15 - 1:00pm	TBS 12:15 - 1:00pm	CARDIO DANCE 3:00 - 4:00pm	
HIIT 1:30 - 2:00pm	BODY COMBAT™ 11:00 - 12:00pm	VINYASA YOGA 12:15 - 1:15pm	VINYASA YOGA 12:30 - 1:30pm	VINYASA YOGA 12:15 - 1:15pm		
POWER YOGA 2:15 - 3:15pm	CYCLE 12:15 - 12:45pm	YOGA SCULPT 2:15 - 3:15pm	HIIT & CORE 1:15 - 2:00pm	RETRO AEROBICS 1:15 - 2:15pm	BIKE & BODYWEIGHT 2:00 - 3:00pm	
BODYPUMP™ 4:30 - 5:30pm	BODYPUMP™ 12:15 - 1:00pm	BODYPUMP™ 4:30 - 5:30pm	MIXXED FIT® 3:30 - 4:30pm	HAPPY HOUR 5:00 - 6:00pm	BOOTCAMP 5:15 - 6:15pm	
ZUMBA 5:45 - 6:45pm	YIN YOGA 12:15 - 1:15pm	CYCLE 5:30 - 6:15pm	CYCLE 5:30 - 6:15pm	CYCLE 5:15 - 6:00pm	PILATES® 6:45 - 7:45pm	
CYCLE 6:00 - 6:45pm	MIXXED FIT® 3:30 - 4:30pm	ZUMBA® 5:45 - 6:45pm	BODYPUMP™ 5:30 - 6:30pm			
FUSION PILATES® 7:00 - 7:30pm	BODY COMBAT™ 5:15 - 6:00pm	RELAX & RECOVER 7:00 - 8:00pm	ZUMBA® 6:45 - 7:45pm			
CARDIO DANCE 7:45 - 8:45pm	CYCLE 5:30 - 6:15pm	ZUMBA® 8:10 - 9:10pm	SAMPOORNA YOGA 8:00 - 9:00pm			
	YIN YOGA 6:15 - 7:00pm					
	BOOTCAMP 6:30 - 7:30pm					
	ZUMBA® 8:45 - 9:30pm					

**1/2 OFF**  
GROUP FITNESS PASS  
Only  
**\$30/\$40**

### CLASS FORMAT

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

### LOCATIONS

CYCLE STUDIO	ROOM A
BOULDERING	ROOM B

**CLASSES: JAN 9–MAY 1**  
no classes Jan. 21, Apr. 20-21

reserve your spot at:  
**imleagues**

rev 3.8.19

**CAMPUS RECREATION**



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

**#HealthiestCampus**