

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	CYCLE 8:30 - 9:00am	
PILATES® 6:30 - 7:15am	BOOTCAMP 7:00 - 7:45am	CYCLE 6:45 - 7:30am	BOOTCAMP 7:00 - 7:45am	RIDE & ROLL 6:45 - 7:30am	VINYASA YOGA 9:15 - 10:15am	
CAMPUS BOOTCAMP 6:45 - 7:45am	POWER YOGA 7:30 - 8:30am	BODYPUMP™ 9:00 - 10:00am	SAMPOORNA YOGA 7:30 - 8:30am	VINYASA YOGA 8:00 - 9:00am	MIXXED FIT® 10:30 - 11:30am	
BODYPUMP™ 9:00 - 10:00am	BODYPUMP™ 9:00 - 10:00am	WILDCAT CARDIO 11:30 - 12:00pm	BODY COMBAT™ 11:00 - 12:00pm	WILDCAT CARDIO 11:30 - 12:00pm	CARDIO DANCE 3:00 - 4:00pm	
BODYPUMP™ 12:15 - 1:00pm	CORE 10:10 - 10:40am	TBS 12:15 - 1:00pm	BODYPUMP™ 12:15 - 1:00pm	CYCLE 12:15 - 12:45pm		
VINYASA YOGA 12:15 - 1:15pm	MIXXED FIT® 11:00 - 12:00pm	VINYASA YOGA 12:15 - 1:15pm	VINYASA YOGA 12:30 - 1:30pm	TBS 12:15 - 1:00pm		
HIIT 1:30 - 2:00pm	CYCLE 12:15 - 12:45pm	YOGA SCULPT 2:15 - 3:15pm	HIIT & CORE 1:15 - 2:00pm	VINYASA YOGA 12:15 - 1:15pm	BIKE & BODYWEIGHT 2:00 - 3:00pm	
POWER YOGA 2:15 - 3:15pm	BODYPUMP™ 12:15 - 1:00pm	BODYPUMP™ 4:30 - 5:30pm	MIXXED FIT® 3:30 - 4:30pm	RETRO AEROBICS 1:15 - 2:15pm	BOOTCAMP 5:00 - 6:00pm	
TBS 4:30 - 5:30pm	YIN YOGA 12:15 - 1:15pm	CYCLE 5:30 - 6:15pm	ABC 4:30 - 5:00pm	HAPPY HOUR 5:00 - 6:00pm	PILATES® 6:45 - 7:45pm	
ZUMBA 5:45 - 6:45pm	MIXXED FIT® 3:30 - 4:30pm	ZUMBA® 5:45 - 6:45pm	CYCLE 5:30 - 6:15pm	CYCLE 5:15 - 6:00pm		
CYCLE 6:00 - 6:45pm	ABC 4:30 - 5:00pm	YOGA & MEDITATION 7:00 - 8:00pm	BODYPUMP™ 5:30 - 6:30pm			
FUSION PILATES® 7:00 - 7:30pm	BODY COMBAT™ 5:15 - 6:00pm	ZUMBA® 8:10 - 9:10pm	ZUMBA® 6:45 - 7:45pm			
CARDIO DANCE 7:45 - 8:45pm	CYCLE 5:30 - 6:15pm		SAMPOORNA YOGA 8:00 - 9:00pm			
	YIN YOGA 6:15 - 7:00pm					
	BOOTCAMP 6:30 - 7:30pm					
	ZUMBA® 8:45 - 9:30pm					

CLASS FORMAT

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

LOCATIONS

CYCLE STUDIO FRONT DESK

BOULDERING ROOM A

ROOM B

CLASSES: JAN 9–MAY 1

no classes Jan. 21, Apr. 20-21

rev 12.5.18

reserve your spot at:
imleagues

CAMPUS RECREATION



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

#HealthiestCampus

GROUP FITNESS @ UA CAMPUS REC: CLASS DESCRIPTIONS

Cardio & Dance

Cardio Dance: 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!

MixedFit®: 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!

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!

Cardio & Strength

ABC: 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.

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.

Bootcamp: 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!

Campus Bootcamp NEW! Get a great full body workout while exploring the beautiful UofA campus! This bootcamp combines running and bodyweight exercises at different areas of the UofA which may include the Mall, Highland Bowl, the steps of Bear Down, wherever! Participants will meet at the front desk to swipe in and then be off to conquer the campus!

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.

HIIT & Core: 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!

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!

Wildcat Cardio: Get your heart pumping with this dynamic and energetic cardio class! Who says cardio can't be fun!? With a new format every week, each workout will keep you moving in a fun, creative way!

Strength & Core

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!

Core: 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.

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.

Cycling

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

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!

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!

Mind/Body

Fusion Pilates®: It's Pilates—but faster! Flow through traditional and contemporary Pilates exercises at a brisk pace, giving you a heart-pumping core workout in half the time.

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.

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.

Sampoorna Yoga: A combination of Pranayama (breath work), Hatha-based asana, and meditation. It focuses on spinal alignment and breath awareness throughout the practice. Mind to body connection will be emphasized as you move through postures, perfecting form and reflecting inward. This class will leave you feelings refreshed, recharged and happy.

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.

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.

Yoga Sculpt: This flow yoga class uses weights and blocks to add an additional challenge to the workout! Targets the full body and assists with stretching as well as strengthening.

Happy Hour

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 HIIT 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](https://www.instagram.com/uacampusrecfitness) to see what class will be offered that week.