

Fall
2018

GROUP *fitness*

Aug 20th - Dec 2nd

UNC
CAMPUS RECREATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lower Group Fitness Room							
6:15-7:15am	Cycle Circuit	Rise & Shine Yoga	Cycle	Rise & Shine Yoga	Cycle Circuit		
10:15-11:15am					Yoga Express (11:00-11:45am)	Cycle	
12:00-1:00pm	Iyengar Yoga	Cycle Express (12:00-12:45pm)	Restore and Flow	Cycle Express (12:00-12:45pm)	Pilates Fusion		
5:00-6:00pm		Bear Bootcamp		Bear Bootcamp			
6:15-7:30pm		Ride and Relax	Power Yoga (6:15-7:15pm)	Ride and Relax			
6:30-7:45pm							Refresh Yoga
7:45-9:00pm	Restorative Yoga		Slow Flow and Meditation (7:30-8:45pm)	Hatha Yoga			
Upper Group Fitness Room							
10:15-11:15am						Dance Jam	
12:00-1:00pm	Power Pump				Power Pump		
5:00-6:00pm	Zumba®	Cardio Blast	Zumba®	Step			
6:15-7:15pm	Pulsepoint Barre	Mat Pilates	Ballet Barre	Mat Pilates			
7:30-8:30pm	Dance Jam	Dance Jam	Dance Jam	Dance Jam			

Class Style

Mixed Format

Yoga & Pilates

Strength

Cardio

Barre

Dance

No Classes over Fall Break and University Holidays. Modified schedule for Finals Week.

Fee Structure	Single Class	Semester FitPass	Academic Year FitPass
Student	\$5	\$40	\$75
Non-Member	\$5	N/A	N/A



FITNESS AND WELLNESS

unco.edu/campus-recreation

GROUP FITNESS CLASS DESCRIPTIONS

YOGA & PILATES

Rise & Shine Yoga: This class gently awakens mind and body with stretches and postures to open the heart and muscles. This class begins with sun salutations and ends with gentle stretching.

Vinyasa Yoga: A vigorous practice in which individuals fluidly move from one pose to the next while connecting their breath and their movement. This quick pace creates heat within the body and increase endurance, flexibility, and balance.

Iyengar Yoga: Originally devised by BKS Iyengar, it's famous for emphasizing the correct alignment of all parts of the body within each yoga pose typically with the use of props. Build strength and stamina, balance and flexibility, and a sense of well-being.

Power Yoga: Challenge your body to build strength and flexibility in this Vinyasa-style class. Expect to build some heat as you move fluidly through poses.

Slow Flow + Meditation: This slow-paced yoga class will focus on alignment and balance. Movement in the first part of class will prepare your body and mind for guided and independent meditation to help align your physical and mental states.

Refresh Yoga: Relax and unwind from your week while actively preparing for what's to come in the next one! Ease your mind and guide yourself towards strength, flexibility, and relaxation in this 75-minute inspiring flow.

Restore & Flow: A combination of power and restoration, flow through this 75-minute fusion class designed to increase the mind-body connection, strength and flexibility.

Restorative Yoga: Restorative Yoga is comprised of postures that have a particular ability to leave us feeling nourished and well rested. All levels are welcome.

Hatha Yoga: This relaxed-style class will focus on the practice of connecting body postures and breathing techniques. Prepare to slow down and hold poses longer to get the deeper effects of the mind-body connection.

Yoga Express: Take a quick break after your busy week to reset your mind and body in our new Yoga Express class. Using repetition of movement and flow of breath we will create length, strength and stability in the body in this unique 45-minute format to help jump start your weekend.

Mat Pilates: This workout uses a series of exercises designed to increase core strength and improve posture and flexibility. Pilates is centered around breath and flowing through different postures in order to develop a strong, lean, healthy body!

MIXED FORMAT

Cycle Circuit: If climbing difficult hills and sprinting through intervals wasn't challenging enough, Cycle Circuit adds an element of surprise with total body exercises utilizing a variety of equipment off the bike.

Ride & Relax: Ride through your imagination of rolling hills, huge mountains, and sandy beaches to burn off some energy in a 45-minute cycling class. Then take your time to relax, recover, and become more aware of your breath in a 30 minute yoga session.

Bear Bootcamp: A well-rounded workout focused on strength and cardio! Circuit-style training is used to up the intensity and give you a total-body workout.

CARDIO

Cycle: Ride your way through rolling hills, steep climbs, false flats, sprints and much more!

Cycle Express: Cycle express is perfect for those who are in a hurry, but still want an intense workout. This class will help build cardiovascular endurance and lower body strength in under an hour.

STEP: This cardio workout is designed to strengthen and tone your lower body, while keeping your heart rate up through choreographed moves. Channel your inner 80's Aerobics instructor and come get your step on!

Cardio Blast *NEW*: A high-energy class set to motivating music that works on both strength and endurance. Each class offers a different challenge focusing primarily on bodyweight training and aerobic activity through HITT movements.

STRENGTH

Power Pump: Strengthen and tone all the major muscle groups in your body with barbells, body bars, and free weights. This class utilizes traditional strength-training exercises to create a simple, fun, and effective workout to get you pumped!

DANCE

Zumba®: A combination of Latin and international rhythms, Zumba® creates exciting and effective fitness through dance routines. Shimmy and shake while utilizing interval training to maximize caloric output.

PulsePointe Barre: PulsePointe Barre is an innovative and challenging barre experience that seamlessly weaves together traditional muscle-sculpting barre choreography with exhilarating cardio segments to define and challenge the body in a whole new way. PulsePointe takes barre to the next level!

Ballet Barre: This ballet-based workout is aimed at increasing flexibility, strength, body awareness, and balance through simple-to-follow dance combinations. No previous dance experience is required, all levels are welcome!

Dance Jam: This class utilizes popular music and easy-to-follow moves, you will be dancing to the hottest hits while simultaneously getting an awesome workout in a party atmosphere!