

SPRING  
2022

# GROUP FITNESS

**MON**

**CYCLE  
CIRCUIT**  
(CARDIO)

6:15 AM - 7:15 AM  
LGF



**FIT45**  
(MIXED FORMAT)  
12:15 PM - 1:00 PM  
SYNRGY



**STRETCH &  
CORE**  
(STRENGTH)  
4:00 PM - 4:45 PM  
LGF



**ZUMBA**  
(DANCE)  
6:15 PM - 7:15 PM  
UGF



**HIIT**  
(MIXED FORMAT)  
6:45 PM - 7:45 PM  
LGF

**TUE**

**BOOTCAMP**  
(STRENGTH)

6:15 AM - 7:15 AM  
LGF



**BARRE**  
(CORE &  
FLEXIBILITY)  
12:15 PM - 1:00 PM  
UGF



**YOGA**  
(YOGA)  
6:15 PM - 7:15 PM  
LGF



**20/20/20**  
(MIXED FORMAT)  
6:15 PM - 7:15 PM  
UGF

**WED**

**CYCLE  
CIRCUIT**  
(CARDIO)

6:15 AM - 7:15 AM  
LGF



**FIT45**  
(MIXED FORMAT)  
11:30 AM - 12:15 PM  
SYNRGY



**CYCLE**  
(CARDIO)  
5:00 PM - 6:00 PM  
LGF



**HIIT**  
(MIXED FORMAT)  
5:00 PM - 6:00 PM  
UGF



**ZUMBA**  
(DANCE)  
6:15 PM - 7:15 PM  
UGF

**THU**

**RISE & SHINE**  
(YOGA)

6:15 AM - 7:15 AM  
LGF



**CYCLE**  
(CARDIO)  
4:00 PM - 4:45 PM  
LGF



**STRETCH &  
CORE**  
(CORE/FLEXIBILITY)  
5:00 PM - 6:00PM  
LGF



**BOOTCAMP**  
(STRENGTH)  
6:15 PM - 7:15 PM  
LGF

**FRI**

**RIDE & RELAX**  
(MIXED FORMAT)

6:15 AM - 7:15 AM  
LGF

**LINK:**



**\*NEW CLASS**

LGF - LOWER GROUP FIT 106    UGF - UPPER GROUP FIT 201    SYNRGY - NEXT TO THE CLIMBING WALL

**FIT PASS**

**\$35/SEMESTER**

The FitPass gives students UNLIMITED  
access to ALL classes for the semester!



**@UNCOFITWELL**

**CONTACT:**

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