


SPRING  
2022

# GROUP FITNESS

SCHEDULE B MARCH 21ST, 2022 - APRIL 29TH, 2022

MON	TUE	WED	THU	FRI
<b>CYCLE CIRCUIT</b> (CARDIO) 6:15 AM - 7:15 AM LGF	<b>BOOTCAMP</b> (STRENGTH) 6:15 AM - 7:15 AM LGF	<b>CYCLE CIRCUIT</b> (CARDIO) 6:15 AM - 7:15 AM LGF	<b>RISE &amp; SHINE</b> (YOGA) 6:15 AM - 7:15 AM LGF	<b>RIDE &amp; RELAX</b> (MIXED FORMAT) 6:15 AM - 7:15 AM LGF
<b>FIT45</b> (MIXED FORMAT) 12:15 PM - 1:00 PM SYNRGY	<b>*BOX-FIT</b> (MIXED FORMAT) 12:15 PM - 1:00 PM LGF	<b>FIT45</b> (MIXED FORMAT) 11:15 AM - 12:00 PM SYNRGY		<b>*FIT45</b> (MIXED FORMAT) 12:15 PM - 1:00 PM SYNRGY
<b>*BLAST &amp; BURN</b> (STRENGTH) 4:00 PM - 4:45 PM UGF		<b>*CYCLE PUMP</b> (MIXED FORMAT) 5:00 PM - 6:00 PM LGF	<b>CYCLE</b> (CARDIO) 4:00 PM - 4:45 PM LGF	
<b>*DANCE JAM</b> (DANCE) 5:00 PM - 5:45 PM UGF	<b>YOGA</b> (YOGA) 6:15 PM - 7:15 PM LGF	<b>BARRE</b> (CORE/FLEXIBILITY) 6:15 PM - 7:15 PM UGF	<b>STRETCH &amp; CORE</b> (CORE/FLEXIBILITY) 5:00 PM - 6:00PM LGF	
<b>HIIT</b> (MIXED FORMAT) 6:45 PM - 7:45 PM LGF		<b>*STRENGTH &amp; STABILITY</b> (STRENGTH) 6:45 PM - 7:30 PM LGF	<b>BOOTCAMP</b> (STRENGTH) 6:15 PM - 7:15 PM LGF	<b>LINK:</b> 

LGF - LOWER GROUP FIT 106

UGF - UPPER GROUP FIT 201

SYNRGY - NEXT TO THE CLIMBING WALL

**FIT PASS**

**\$15** NEW  
**REST OF SEMESTER**

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



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**CONTACT:**

FITNESS.WELLNESS@UNCO.EDU