



FITNESS & WELLNESS

FALL
2021

GROUP *FITNESS*

MON

**CYCLE
CIRCUIT**
(CARDIO)
6:15 AM - 7:15 AM
LGF



**STRICTLY
STRENGTH**
(STRENGTH)
4:30 PM - 5:30 PM
LGF



PILATES
(CORE &
FLEXIBILITY)
4:30 PM - 5:30 PM
UGF



ZUMBA
(DANCE)
6:00 PM - 7:00 PM
UGF

TUE

RISE & SHINE
(YOGA)
6:15 AM - 7:15 AM
LGF



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



FIT45
(MIXED FORMAT)
1:00 PM - 1:45 PM
SYNRGY



HIIT
(MIXED FORMAT)
7:00 PM - 7:45 PM
LGF

WED

**CYCLE
CIRCUIT**
(CARDIO)
6:15 AM - 7:15 AM
LGF



**STRICTLY
STRENGTH**
(STRENGTH)
4:30 PM - 5:30 PM
LGF



ZUMBA
(DANCE)
6:00 PM - 7:00 PM
UGF



THU

RISE & SHINE
(YOGA)
6:15 AM - 7:15 AM
LGF



HIIT
(MIXED FORMAT)
6:15 AM - 7:15 AM
UGF



FIT45
(MIXED FORMAT)
1:00 PM - 1:45 PM
SYNRGY



20/20/20
(MIXED FORMAT)
7:00 PM - 7:45 PM
LGF

FRI

RIDE & RELAX
(MIXED FORMAT)
6:15 AM - 7:15 AM
LGF

LGF - LOWER GROUP FIT 106 UGF - UPPER GROUP FIT 206 SYNRGY - NEXT TO THE CLIMBING WALL

FIT PASS

\$30/SEMESTER

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



@UNCOFITWELL

CONTACT:

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LINK:

