

SPRING
2021

GROUP FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOWER GROUP FITNESS ROOM

6:15 - 7:15 AM		CYCLE	STRICTLY STRENGTH	CYCLE EXPRESS 6:15 - 7:00 AM	RISE & SHINE YOGA	H.I.I.T	
9:30 - 10:30AM				HUMPDAY HUSTLE			
12:15 - 1:00PM		FIT 45		FIT 45			
2:00 - 3:00 PM				KETTLEBELL FUSION		CYCLE CIRCUIT	
5:15 - 6:00 PM	STRETCH & CORE	REST & RECOVERY YOGA	H.I.I.T	STEP-ERCISE	CYCLE EXPRESS		
6:30 - 7:30 PM		CYCLE CIRCUIT	YOGA SCULPT		YOGA SCULPT		

UPPER GROUP FITNESS ROOM

MIDDAY						DANCE JAM 4:30 - 5:30 PM	
6:00 - 7:00 PM		ZUMBA	20/20/20	ZUMBA	20/20/20		
7:30 - 8:30 PM			PILATES	DANCE JAM			

VIRTUAL GROUP FITNESS

Recorded Classes: www.instagram.com/uncofitwell
Live Streamed Classes (below): Zoom link will be posted each week on our Instagram

MIDDAY	BEGINNER YOGA 11:00 AM (ZOOM)	ROTATING WORKOUTS W/ TRAINERS (INSTAGRAM)		ROTATING WORKOUTS W/ TRAINERS (INSTAGRAM)		ROTATING WELLNESS TOPICS (INSTAGRAM)	
5:00 - 5:45 PM	STRETCH & CORE (ZOOM)		ROTATING FITNESS CLASS (INSTAGRAM)		ROTATING FITNESS CLASS (INSTAGRAM)		

CLASS STYLE	STRENGTH	DANCE	MIXED FORMAT	CORE & FLEXIBILITY	CARDIO	YOGA	VIRTUAL
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Fitness and Wellness

SPRING CLASSES ARE FREE!

RESERVATIONS ARE REQUIRED FOR IN-PERSON CLASSES

