

FALL  
2020

# GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## LOWER GROUP FITNESS ROOM

6:15 - 7:15 AM	CYCLE	YOGA	CYCLE CIRCUIT	HIIT	YOGA SCULPT
12:15 - 1:00 PM		FIT 45 (Synrgy Room)		FIT 45 (Synrgy Room)	15/15/15
6:00 - 7:00 PM	YOGA SCULPT	MIXED FORMAT	YOGA SCULPT	CYCLE	
7:30 - 8:30 PM	DANCE JAM (Small Gym)		YOGA		

## UPPER GROUP FITNESS ROOM

6:00 - 7:00 PM		BARRE	STRICTLY STRENGTH	PILATES	
7:30 - 8:30 PM	PILATES	STRETCH & CORE	ZUMBA®	ZUMBA®	

## VIRTUAL GROUP FITNESS

[www.instagram.com/uncofitwell](http://www.instagram.com/uncofitwell)

12:00 - 12:30 PM	ROTATING WORKOUTS WITH TRAINERS (Instagram)		ROTATING WORKOUTS WITH TRAINERS (Instagram)		ROTATING WELLNESS TOPICS (Instagram)
5:30 - 6:00 PM		LIVE ROTATING FITNESS CLASS (Instagram Live)		LIVE ROTATING FITNESS CLASS (Instagram Live)	

CLASS STYLE	STRENGTH	DANCE	MIXED FORMAT	YOGA	CARDIO	BARRE & PILATES	VIRTUAL
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Fitness and Wellness

FALL CLASSES ARE FREE!