

Spring
2020

GROUP *fitness*

January 13th - May 3rd

UNC
CAMPUS RECREATION

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Lower Group Fitness Room						
6:15 - 7:15am	Iyengar Yoga 2	Cycle Circuit 3		Cycle Circuit 3	Rise & Shine Yoga 2	
12:15 - 1:00pm					Cycle Express 2	
4:30 - 5:30pm				Strictly Strength 3		
6:00 - 7:00pm	Cycle 2	Strictly Strength 3	Yoga Flow II 3			
6:30 - 7:45pm						Refresh Yoga 2
7:15 - 8:15pm	Yoga Flow II 3		Stretch & Core 1			
Upper Group Fitness Room						
12:15 - 1:00pm		FIT 45 (Synrgy Room) 3		FIT 45 (Synrgy Room) 3		
5:00 - 5:45pm		Step Aerobics 2				
6:00 - 7:00pm	Barre 2	Mat Pilates 2	Moonlight Recharge 1	Barre 2		
7:15 - 8:15pm	20/20/20 3	Dance Jam 2	Zumba® 2	Zumba® 2		

Class Style

Mixed Format	Yoga	Strength	Dance	Cardio	Barre & Pilates
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Choose Your Workout

Exercise Intensity: Low 1 Moderate 2 High 3

Fee Structure	Single Class	Semester FitPass	Academic Year FitPass
Student	\$5	\$40	\$75
Non-member	\$5	N/A	N/A