

SPRING
2021

GROUP FITNESS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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LOWER GROUP FITNESS ROOM

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

UPPER GROUP FITNESS ROOM

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|----------------|--|-------------|----------|-----------|-------------|-----------------------------|--|
| MIDDAY | | | | | | DANCE JAM 2:00 - 3:00 PM | |
| 6:00 - 7:00 PM | | ZUMBA | 20/20/20 | ZUMBA | 20/20/20 | | |
| 7:30 - 8:30 PM | | STEP-ERCISE | PILATES | DANCE JAM | STEP-ERCISE | | |

VIRTUAL GROUP FITNESS

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

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|----------------|----------------------------|--|--|--|--|---|--|
| MIDDAY | BEGINNER YOGA (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) | | |

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| 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

