

Fall 2019 Group Fitness Schedule

Sept 9 - Dec 13

All classes FREE
No registration required



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
7:00-7:45a Sunrise Yoga <i>Hanna</i>		7:00-7:45a Sunrise Yoga <i>Hanna</i>		7:00-7:45a Sunrise Yoga <i>Sam B</i>
7:45-8:30a Aqua Aerobics <i>Abby</i>		7:45-8:30a Aqua Aerobics <i>Abby</i>		7:45-8:45a Aqua Aerobics <i>Abby</i>
		7:50-8:30a Drum Aerobics <i>Darrell</i>		
12:15-12:45p FIT <i>Alex</i>	12:15-12:45p Yoga <i>Alex</i>	12:15-12:45p Zumba® <i>Kristy</i>	12:15-12:45p Yoga <i>Alex</i>	12:15-12:45p Zumba® <i>Kristy</i>
4:00-4:45p Body Sculpt <i>Noah</i>	4:00-4:30p Barre Sculpt <i>Billy Jo</i>	4:00-4:45p Body Sculpt <i>Noah</i>	4:00-4:30p Barre Sculpt <i>Billy Jo</i>	
5:00-5:45p POUND® <i>Kimberly</i>	5:30-6:15p Body Sculpt <i>Sam R</i>	5:00-5:45p POUND® <i>Kimberly</i>	5:30-6:15p Body Sculpt <i>Sam R</i>	
6:00-6:45p Strength Circuits <i>Elissa</i>	7:00-7:45p Boot Camp <i>Tyler</i>	6:00-6:45p Strength Circuits <i>Elissa</i>	7:00-7:45p Boot Camp <i>Tyler</i>	
	8:00-8:45p Yoga <i>Katelyn</i>		8:00-8:45p Yoga <i>Katelyn</i>	

Schedule subject to change based on instructor availability.

For up to date schedules follow @UREC_UWGB on social media.

Facebook: UREC at UW-Green Bay

Instagram: @urec_uwgb

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Class Descriptions



Sunrise Yoga

This yoga practice will incorporate relaxation while helping you to build strength and flexibility. Learn proper breathing techniques while you practice many yoga poses for full-body strength, balance, and flexibility. Suitable for all fitness levels.

Drum Aerobics

This format combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program. Lightweight hoops provided.

POUND®

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Aqua Aerobics

It's time to heat up the pool! This 60-minute workout uses the natural resistance and buoyancy of water to provide an effective, low-impact routine.

*Classes take place in the KEC pool

Body Sculpt

This full-body workout is suitable for all fitness levels and incorporates moderate-high intensity cardio and strength training. The instructor gives options for participants in order to help everyone feel successful!

Barre Sculpt

Get ballerina toned muscles in this muscle burning, body strengthening class including ballet-inspired movement and drills! No prior ballet experience or supplies necessary. Tone your legs, booty, arms, back, and abs! Class includes a focus on flexibility in a relaxed stretching portion.

Yoga

Challenge and connect your mind and body with yoga poses, conscious breathing and relaxation techniques. Remember - yoga is an individual practice, where all judgment, competition and expectations are let go, and the focus is internal on your own experience that day.

Strength Circuits

Circuit training includes a combination of cardio and strength drills that are inter-mixed in a rotating circuit. This training session is designed to build cardio endurance, muscular & core strength, agility, and most of all fun!

Boot Camp

This athletic-based workout focuses on three major components of any workout: core exercises, cardiovascular work, and strength training. Using a variety of equipment, this class is designed to work every major muscle group in the body and deliver real results, real fast.

ZUMBA®

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

FIT (Functional Interval Training)

FIT is a 45-minute specialty class that includes a combination of bodyweight exercises, TRX suspension training, kettlebells and more to improve strength and cardiovascular fitness.

*Classes take place in the upper level of the fitness center



UNIVERSITY of WISCONSIN
GREEN BAY