

# 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 <b>Sunrise Yoga</b> <i>Hanna</i>		7:00-7:45a <b>Sunrise Yoga</b> <i>Hanna</i>		7:00-7:45a <b>Sunrise Yoga</b> <i>Sam B</i>
7:45-8:30a <b>Aqua Aerobics</b> <i>Abby</i>		7:45-8:30a <b>Aqua Aerobics</b> <i>Abby</i>		7:45-8:45a <b>Aqua Aerobics</b> <i>Abby</i>
		7:50-8:30a <b>Drum Aerobics</b> <i>Darrell</i>		
12:15-12:45p <b>FIT</b> <i>Alex</i>	12:15-12:45p <b>Yoga</b> <i>Alex</i>	12:15-12:45p <b>Zumba®</b> <i>Kristy</i>	12:15-12:45p <b>Yoga</b> <i>Alex</i>	12:15-12:45p <b>Zumba®</b> <i>Kristy</i>
4:00-4:45p <b>Body Sculpt</b> <i>Noah</i>	3:45-4:15p <b>Barre Sculpt</b> <i>Billy Jo</i>	4:00-4:45p <b>Body Sculpt</b> <i>Noah</i>	3:45-4:15p <b>Barre Sculpt</b> <i>Billy Jo</i>	
5:00-5:45p <b>POUND®</b> <i>Kimberly</i>	5:30-6:15p <b>Body Sculpt</b> <i>Sam R</i>	5:00-5:45p <b>POUND®</b> <i>Kimberly</i>	5:30-6:15p <b>Body Sculpt</b> <i>Sam R</i>	
6:00-6:45p <b>Strength Circuits</b> <i>Elissa</i>	7:00-7:45p <b>Boot Camp</b> <i>Tyler</i>	6:00-6:45p <b>Strength Circuits</b> <i>Elissa</i>	7:00-7:45p <b>Boot Camp</b> <i>Tyler</i>	
	8:00-8:45p <b>Yoga</b> <i>Katelyn</i>		8:00-8:45p <b>Yoga</b> <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



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GREEN BAY