

Summer 2019 Group Fitness Schedule

May 28 — Aug 30

All classes FREE
No registration required



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7:00-7:45a Sunrise Yoga <i>Megan</i>		7:00-7:45a Sunrise Yoga <i>Megan</i>
7:45-8:45a Aqua Aerobics <i>Abby</i>		7:45-8:45a Aqua Aerobics <i>Abby</i>		7:45-8:45a Aqua Aerobics <i>Abby</i>
		7:50-8:30 a Drum Aerobics <i>Darrell</i>		
12:15-12:45p Strength Circuits <i>Abby</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>	
4:45-5:15p POUND® <i>Kimberly</i>	4:45-5:15p Body Sculpt <i>Tyler</i>		4:45-5:15p Body Sculpt <i>Tyler</i>	



Website: uwgb.edu/UREC



Facebook: @URECuwgb



Instagram: @urec_uwgb

Schedule subject to change based on instructor availability.

For up to date schedules follow UREC on social media.

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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.

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 takes place in the KEC pool

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.

Strength Circuits

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

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.

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.

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.

Body Sculpt

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



UNIVERSITY of WISCONSIN
GREEN BAY