

FITNESS PLAN

MONTHLY GOALS:

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AFFIRMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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UREC

UREC offers many opportunities to help you reach your fitness goals. Add the options below or your own ideas to the calendar above! Details on the back.

GROUP FITNESS

Sunrise Yoga
Sculpt
Yoga
Quick Core
Zumba

FITNESS CENTER

Strength Training
Cardio
UREC ULift
Stretching
Personal Training
PEP

AT HOME

Tabata Workout
Virtual Class
Stretching
PEP



UREC FITNESS

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45am Sunrise Yoga Hybrid		8:00-8:45am Sunrise Yoga Hybrid		8:00-8:45am Sunrise Yoga Hybrid
	12:15-12:45am Yoga Hybrid	12:15-12:45am Zumba Virtual	12:15-12:45am Yoga Hybrid	12:15-12:45am Zumba Virtual
3:45-4:15pm Sculpt Hybrid	2:00-2:15pm Quick Core Virtual	3:45-4:15pm Sculpt Virtual	2:00-2:15pm Quick Core Virtual	
5:00-5:30pm Zumba Virtual	5:30-6:15pm Sculpt In-Studio		5:30-6:15pm Sculpt In-Studio	
7:30-8:15pm Yoga Hybrid		7:30-8:15pm Yoga Hybrid		

In-Studio = Only in-person class
 Virtual = Only virtual class
 Hybrid = In-person and virtual class simultaneously
 More details at uwgb.edu/urec or on the UREC at UWGB app

TABATA

Tabata is an interval style workout that is a great option for an at-home workout!

How it works:

20 sec of exercise + 10 sec of rest for 8 rounds.

Alternate between 2 exercises completing 4 rounds of each.

Complete 5 tabatas for a 30-minute workout.

Visit the fitness tab at uwgb.edu/urec and click tabata workouts to view a full list of exercise videos.

FITNESS CENTER

Free for students
Bring your Student ID

Registration:

Download "UREC at UWGB" app (free)
Create account with @uwgb.edu email
Register for a 75-minute time-slot

Equipment:

Strength Training (downstairs)
Cardio (upstairs)
Stretching (upstairs)

Hours:

January 25th - May 15th
Monday - Thursday 6:30am-9:30pm
Friday 6:30am-8:00pm
Saturday 9:30-5:00pm
Sunday 2:00-6:00pm

@UREC_ULFT_UWGB

Starting Feb 1, 2021, UREC Fitness Coordinator, Alex Wandersee, will be posting a strength training workout every Monday and Tuesday using equipment in the Fitness Center (Kress).

Each workout will consist of 8-10 exercises and each exercise will include a video demo.

Great for all fitness levels.

Follow @urec_ulift_uwgb on instagram to get started!

PERSONAL TRAINING

Our Personal Training program gives you the chance to work one-on-one under the guidance of a Certified Personal Trainer.

Rates:

Single session	\$15.00
5 sessions	\$65.00 (\$13/session)
10 sessions	\$120.00 (\$12/session)

Registration:

Visit the personal training tab on the UREC at UWGB app or at uwgb.edu/urec and fill out a request form.

PEP

Personal Exercise Programs are training plans tailored to you by a certified personal trainer. Your trainer will meet with you once to demonstrate the exercises and then you can complete the program on your own.

Rates:

Personal Program \$40.00

Registration:

Visit the personal training tab on the UREC at UWGB app or at uwgb.edu/urec and fill out a request form.

 @urec_uwgb

 @URECuwgb

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 uwgb.edu/urec