

Group Fitness Schedule Summer 2019

Monday	Tuesday	Wednesday
	Insanity® 4:30p - 5p	
	Below the Belt 5p - 5:30p	Triple Threat 5p - 6p
Cycling 5:30p - 6:30p	Yoga 5:30p - 6:30p	CORE 360 6p - 6:15p
		Yoga 6:15p - 7:15p

SUMMER AT-A-GLANCE

Session 1	June 3rd - 26th
Break	No classes the week of July 1st
Session 2	July 8th - 31st (schedule subject to change)
Break	Fall 2019 classes begin September 3rd (FREE WEEK)



GROUP FITNESS ONLY PASS INFORMATION

Students/Faculty/Staff: \$25 Community/Alumni/Additional Family: \$30

Pricing in for Both Sessions

Passes can be purchased in the Rec Sports Office, Williams Center 100
Access to classes is included with Fitness and Gold Memberships

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CLASS DESCRIPTIONS

Below the Belt: This 30 minute class follows the format of Group Strength but targets the lower body. It is designed to tone and tighten everything below the belt!

Core 360: This FREE 15 minute abs class is open to everyone. A fun and challenging way to tighten and tone your tummy!

Cycling: This challenge by choice class is designed to push you to the limit of your cardiovascular fitness. Low-impact, but high intensity! Water bottles are required. (60 minute format)

Insanity®: A fun filled, action packed cardio based, total-body conditioning workout that provides a wide range of modifications for all levels of fitness. (30 minute format)

Triple Threat: This new format combines 20 minutes of strength training, with 20 minutes of high intensity cardio and sport based movements, followed by 20 minutes of Yoga. (60 minute format)

Yoga: Connect your mind and body while promoting muscular strength, endurance, and flexibility. "Lengthening while strengthening!" Namaste! (60 minute format)

CLASS LOCATIONS

Cycling Studio: Located in the University Fitness Center, basement of Wells Hall. Summer reservations, not required. University Fitness is not open for the summer, Wells East door #6 will open at 5:15p specifically for this class.

All Other Classes: Located in the Dance Studio in the Williams Center, WC 182

CLASS POLICIES

- ⇒ Fitness or Gold Membership, or Summer Fitness Pass
- ⇒ Athletic shoes for all classes except Yoga
- ⇒ Athletic clothes
- ⇒ Water bottles for Cycling classes, towels encouraged
- ⇒ All classes are a cell-phone free zone and we kindly ask that they are turned off/silent

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