<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4p - 4:45p TRX</td>
<td>3:30p - 4:30p TRIPLE THREAT</td>
<td>6:30a - 7:30a YOGA</td>
<td>3p - 4p TRX</td>
<td>11:30a - 12:15p Total TRX</td>
</tr>
<tr>
<td>5p - 5:15p CORE 360</td>
<td>4p - 4:30p ANYTHING GOES (outdoors)</td>
<td>12:30p - 1:30p YOGA</td>
<td>4:30p - 5:15p STEP</td>
<td></td>
</tr>
<tr>
<td>5p - 5:45p CYCLING (cycling studio)</td>
<td>4:45p - 5:15p STEP</td>
<td>4:45p - 5p INSANITY (outdoors)</td>
<td>5:15p - 6p BARBELL STRENGTH</td>
<td></td>
</tr>
<tr>
<td>5:30p - 6p INSANITY (outdoors)</td>
<td>5:30p - 6:15p P90X</td>
<td>5:45p - 6:30p CYCLING (cycling studio)</td>
<td>5:30p - 6:15p GROUP STRENGTH</td>
<td></td>
</tr>
<tr>
<td>6:15p - 6:45p BELOW THE BELT</td>
<td>6:30p - 7p BELOW THE BELT</td>
<td>6:15p - 6:45p INSANITY</td>
<td>6:30p - 6:45p CORE 360</td>
<td></td>
</tr>
<tr>
<td>7p - 8p YOGA</td>
<td>7:15p - 8p CYCLING (cycling studio)</td>
<td>7p - 8p YOGA</td>
<td>7p - 8p PIYO</td>
<td></td>
</tr>
</tbody>
</table>

Reservation Link: imleagues.com/uww/reservations
*classes available 48 hours in advanced, space is limited*
CLASS DESCRIPTIONS

**Anything Goes:** New formats every week will keep you on your toes! Each week you can expect a different class format that challenges all levels of participants. Be ready to expect anything, because anything goes.

**Barbell Strength:** Focuses on building full body strength through the use of barbells and plates. Great for everyone of every fitness level!

**Below the Belt:** 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:** FREE 15 minute abs class is open to everyone. A fun and challenging way to tighten and tone your tummy!

**Cycling:** Come and get the workout of your life! This class is designed to push you to the limit of your cardiovascular fitness. Low-impact, but high intensity! Water bottles are required. Located in the University Fitness Center, basement of Wells Hall.

**Group Strength:** New to strength training or looking to CHANGE UP your CURRENT ROUTINE? Group Strength offers a non-intimidating environment to help shape your body!

**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)

**P90X:** Total-body strength and cardio-conditioning workouts inspiring group camaraderie to help people achieve their desired fitness levels. (45 minute format)

**PiYo:** An athletic blend of Yoga, Pilates, strength conditioning, flexibility and dynamic balance movements and poses (60 minute format)

**Step:** Whether you are a beginner or an advanced stepper this fitness staple uses basic to advanced step moves to challenge all levels of participants. (45 minute format)

**Triple Threat:** 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)

**Total TRX®:** This 45-minute class combines TRX suspension training with cardio circuits for an exciting, well-rounded workout. Prepare for a class that will help improve strength, balance, flexibility, core stability and endurance!

**TRX® Suspension Trainer:** TRX® leverages gravity and bodyweight, activating your core to help strengthen and increase range of motion throughout your body. *User’s hands and feet are supported by a single anchor point while the opposite end of the body is in contact with the floor. (45 minute format)

**Yoga:** Connect your mind and body while promoting muscular strength, endurance, and flexibility. “Lengthening while strengthening!” Namaste! (45 or 60 minute format, Yoga + is a 75 minute format and would include some meditation)

CLASS LOCATIONS:
- Williams Center Dance Studio
- University Fitness Cycling Studio (Wells Hall Basement)
- Outdoor Location: Wangerin Tennis Courts (Williams Center)
- Back-Up Indoor Location: Williams Center Gym 4

GENERAL INFORMATION:
- Space is limited! Reserve your spot to guarantee a spot.
- Athletic clothes and shoes required.
- Yoga/PiYo - Bring your own mat, this semester yoga mats will not be available for use.