

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

SEPTEMBER 2ND - OCTOBER 23RD

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

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.



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