

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### SEPTEMBER 7TH - OCTOBER 23RD



Monday	Tuesday	Wednesday	Thursday	Friday
		7:15a - 8a CYCLING (cycling studio)		10a - 10:45a P90X
				10:45a - 11:45a YOGA
4:30p - 5p INSANITY	3:45p - 4:45p TRX + YOGA	3:45p - 4p CORE 360	4p - 4:30p BELOW THE BELT	
5p - 5:45p STEP	4:45p - 5p CORE 360	4p - 4:45p STEP	4:30p - 4:45p CORE 360	
5:45p - 6p CORE 360	5p - 6p YOGA	4:45p - 5:15p INSANITY	4:45p - 5:45p YOGA	
6:30p - 7:30p YOGA	6p - 6:45p P90X	5:15p - 6:15p YOGA	6:30p - 7:15p GROUP STRENGTH + CORE 360	
6:30p - 7:15p CYCLING (cycling studio)	5:30p - 6:15p CYCLING (cycling studio)	6:30p - 7:15p BARBELL STRENGTH		

**RESERVATION LINK: [IMLEAGUES.COM/UWW/RESERVATIONS](https://imleagues.com/uww/reservations)**

**\*CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED\***

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# WHAT TO EXPECT

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## CLASS LOCATIONS:

- ⇒ Williams Center Dance Studio
- ⇒ University Fitness Cycling Studio (Wells Hall Basement)
- ⇒ Class descriptions can be found on the rec sports webpage and in the REC SPORTS APP

## MEMBERSHIP REQUIREMENTS:

- ⇒ Eligible passes to access group fitness and cycling classes are: Fitness Membership, Gold Community Membership, Monthly Community Pass or daily guest pass

## SCHEDULE:

- ⇒ Session 1: September 7th - October 22nd, Session 2: October 10th
- ⇒ Thanksgiving Week: no classes November 24th - 26th
- ⇒ Exam week schedule will be posted in December

## CLASS REGISTRATION/CHECK-IN:

- ⇒ All classes are available for reservation through the REC SPORTS APP under GROUP FITNESS.
- ⇒ Classes are available up to 7 days in advance, space is limited and varies by class.
- ⇒ NO SHOWS are subject to penalty. Remove yourself from the class as needed PRIOR to the class beginning.
- ⇒ Arrive at least 5 minutes early to get set up for the class to begin on time.
- ⇒ Cycling classes open up 10 minutes before class time for bike set-up.
- ⇒ Late entry will not be permitted to any class.

## REQUIREMENTS:

- ⇒ The UW-W Social Covenant is expected to be followed at all times.
- ⇒ Shoes required unless it is a mind body class (yoga/piyo)
- ⇒ Shirts must cover full torso, backless shirts below the shoulder blades are not permitted. Shorts/pants should be free of belts, studs, rivets and zippers.
- ⇒ All Cycling classes require a water bottle.
- ⇒ At the end of class, please clean and put away your equipment and exit the studio in a timely manner so the next class can start on time.
- ⇒ Group Fitness and Cycling Schedules are subject to change at any time

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## FOLLOW REC SPORTS



**GET-U-FIT BLOG: [BLOGS.UWW.EDU/WARHAWKFITNESS](https://blogs.uww.edu/warhawkfitness)**

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<b>MIND-BODY</b>	<b>CARDIO</b>	<b>CYCLING</b>	<b>STRENGTH</b>	<b>MASH-UP</b>

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**\*CLASSES AVAILABLE 48 HOURS IN ADVANCED, SPACE IS LIMITED\***