<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>7:15a - 8a</td>
<td>CYCLING (cycling studio)</td>
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<td>11:15a - 12n TOTAL BODY 45</td>
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<td>12n - 12:45p YOGA</td>
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<td>12n - 1p YOGA</td>
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**mind.body.soul**

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<td>5p - 5:45p</td>
<td>GROUP STRENGTH + CORE 360</td>
<td>5p - 5:45p BARBELL STRENGTH</td>
<td>5:30p - 6p BELOW THE BELT</td>
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DOWNLOAD THE UW-W REC SPORTS APP TODAY TO RESERVE YOUR SPOT IN ANY CLASS!  
*CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED*
# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

**OCTOBER 31ST - DECEMBER 9TH**

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<td><strong>STRENGTH</strong></td>
<td><strong>MASH-UP</strong></td>
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**RESERVATION LINK:**
[IMLEAGUES.COM/UWW/RESERVATIONS](#)

*CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED*
WHAT TO EXPECT

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/PASSES:
⇒ Eligible passes to access group fitness and cycling classes are: Fitness Membership, Group Fitness and Cycling Pass, Gold Community Membership, Monthly Community Pass or daily guest pass.

SCHEDULE:
⇒ Session 1: September 6th - October 28th, Session 2: October 31st - December 9th
⇒ Fall Break: No classes November 22nd- 25th
⇒ Exam week schedule will be posted in December if applicable

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

FOLLOW REC SPORTS

GET-U-FIT BLOG: BLOGS.UWW.EDU/WARHAWKFITNESS
**CLASS DESCRIPTIONS**

**Barbell Strength:** Focuses on building full body strength through the use of barbells and plates.

**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:** A fun and challenging way to target your core 360 degrees through integrated functional exercises. (15 minute format)

**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:** A muscular-conditioning workout that uses free weights, bands, and other equipment to improve your overall muscular strength and fitness levels.

**Group Strength + CORE 360:** Mash-up of group strength and CORE 360, format will vary.

**30M HIIT:** 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, formerly Insanity)

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

**TOTAL TRX®:** 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)

**TOTAL SUSPENSION:** TRX Suspension system leverages gravity and bodyweight, activating your core to help strengthen and increase range of motion throughout your body mixed with a cardio conditioning workout. *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)

**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)

**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)

**Suspension:** TRX suspension system 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)

**TRX® Suspension Trainer + Yoga:** Mash-up of TRX and Yoga, format will vary from week to week

**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)

**SUSPENSION + YOGA:** Mash-up of 30 minutes of TRX suspension system followed by 30 minutes of yoga.