

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### MARCH 28TH - MAY 6TH



Monday	Tuesday	Wednesday	Thursday	Friday
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n BARBELL STRENGTH
		12n - 12:45p YOGA		12n - 1p YOGA
4:30p - 5p BELOW THE BELT	4:30p - 5:15P TOTAL TRX	4p - 4:45p CYCLING (cycling studio)	4:30p - 5:15p TOTAL BODY 45	
5p - 5:45p 30M HIIT + CORE 360	5:15P - 6P 30M HIIT + CORE 360		5:15P - 6P STEP	
5:45p - 6:30p BARBELL STRENGTH	6P - 6:45P TOTAL BODY 45	5:15P - 6:15P TRIPLE THREAT	5:30p - 6:15p CYCLING (cycling studio)	
6p - 6:45p CYCLING (cycling studio)	6:30p - 7:15p CYCLING (cycling studio)	6:15p - 6:45p BELOW THE BELT	6P - 6:45p BARBELL STRENGTH	
6:30p - 7:15p GROUP STRENGTH + CORE 360	6:45P - 7:45P YOGA	6:45P - 7:45P YOGA	6:45P - 7:45P YOGA	
7:15P - 8:15P YOGA	<b>RESERVATION LINK: <a href="https://imleagues.com/uww/reservations">IMLEAGUES.COM/UWW/RESERVATIONS</a></b> <b>*CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED*</b>			

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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/PASSES:

- ⇒ 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: January 17th - March 17th , Session 2: March 28th - May 6th
- ⇒ Spring Break: No classes March 18th - March 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

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## FOLLOW REC SPORTS



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