

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

SEPTEMBER 5TH - OCTOBER 27TH



Monday	Tuesday	Wednesday	Thursday	Friday
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n GROUP STRENGTH + CORE 360
	4:15p - 5p BARBELL STRENGTH	12:30p - 1:15p YOGA		12n - 1p YOGA
	4:30p - 5:15p CYCLING (cycling studio)	4p - 4:45p 30M HIIT + CORE 360		
5p - 5:45p CYCLING (cycling studio)	5p - 5:45p STEP	4:45p - 5:15p BELOW THE BELT	4:45p - 5:30p 30M HIIT + CORE 360	
5:15p - 5:45p BELOW THE BELT	5:45p - 6:15p GROUP STRENGTH	5:15p - 6p SUSPENSION TRAINING	5p - 5:45p CYCLING (cycling studio)	
5:45p - 6:15p 30M HIIT	6p - 6:45p CYCLING (cycling studio)	5:30p - 6:15p CYCLING (cycling studio)	5:30p - 6:15p BARBELL STRENGTH	
6:15p - 7p GROUP STRENGTH + CORE 360	6:15p - 7p 30M HIIT + CORE 360	6:15p - 7p STEP	6:15p - 7p TOTAL BODY 45	
7p - 8p YOGA	7p - 8p YOGA	7p - 8p YOGA	7p - 8p YOGA	



Download the UW-W Rec Sports App today
To reserve your spot in any class!
*classes available 7 days in advanced,
space is limited*

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GROUP FITNESS SCHEDULE

SEPTEMBER 5TH - OCTOBER 27TH



Monday	Tuesday	Wednesday	Thursday	Friday
MIND-BODY	CARDIO	CYCLING	STRENGTH	MASH-UP
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n GROUP STRENGTH + CORE 360
	4:15p - 5p BARBELL STRENGTH	12:30p - 1:15p YOGA		12n - 1p YOGA
	4:30p - 5:15p CYCLING (cycling studio)	4p - 4:45p 30M HIIT + CORE 360		
5p - 5:45p CYCLING (cycling studio)	5p - 5:45p STEP	4:45p - 5:15p BELOW THE BELT	4:45p - 5:30p 30M HIIT + CORE 360	
5:15p - 5:45p BELOW THE BELT	5:45p - 6:15p GROUP STRENGTH	5:15p - 6p SUSPENSION TRAINING	5p - 5:45p CYCLING (cycling studio)	
5:45p - 6:15p 30M HIIT	6p - 6:45p CYCLING (cycling studio)	5:30p - 6:15p CYCLING (cycling studio)	5:30p - 6:15p BARBELL STRENGTH	
6:15p - 7p GROUP STRENGTH + CORE 360	6:15p - 7p 30M HIIT + CORE 360	6:15p - 7p STEP	6:15p - 7p TOTAL BODY 45	
7p - 8p YOGA	7p - 8p YOGA	7p - 8p YOGA	7p - 8p YOGA	



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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
- ⇒ No one is permitted to workout when the facility is closed and/or without staff present.

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.
- ⇒ Age restrictions apply

SCHEDULE:

- ⇒ Session 1: September 5th - October 27th, Session 2: October 30th - December 8th
- ⇒ Fall Break: No classes **November 22nd- 25th**
- ⇒ Exam week schedule will be posted in December if applicable
- ⇒ Group Fitness and Cycling schedules are subject to change at any time

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.
- ⇒ No exit/re-entry permitted.

REQUIREMENTS:

- ⇒ Shoes required unless it is a mind body class (yoga)
- ⇒ 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.
- ⇒ Taking photos and video during class is strictly prohibited.

FOLLOW REC SPORTS



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