

GROUP FITNESS CLASSES

FALL 2017

MONDAY

- S2** 7:00AM-8:00AM **sunrise sculpt**
- S2** 12:00PM-12:45PM **cycle45**
- S2** 3:30PM-4:30PM **zumba**
- S1** 4:00PM-5:00PM **Pop Pilates**
- S2** 4:30PM-5:30PM **Boxing**
- P** 5:30PM-6:30PM **AquaFit**
- S2** 6:30PM-7:30PM **Vinyasa Flow Yoga**

TUESDAY

- A** 9:00AM-10:00AM ***Bootcamp**
- S2** 12:00PM-1:00PM **Barre**
- S2** 4:00PM-5:00PM **MixedFit**
- S1** 5:00PM-6:00PM **zumba**
- S2** 5:00PM-6:00PM **Total strength**
- S2** 6:30PM-7:30PM **Bollywood Dance**

WEDNESDAY

- WL** 7:00AM-8:00AM ***sunrise Vinyasa Yoga**
- S2** 7:00AM-8:00AM **combat**
- S1** 12:00PM-1:00PM **Pilates & Playlists**
- S2** 12:00PM-12:45PM **cycle45**
- S2** 5:30PM-6:30PM **Barre**
- S2** 6:30PM-7:30PM **Vinyasa Flow Yoga**

*All classes held on outdoor spaces will be contingent on weather and will run until October 1st.

THURSDAY

- P** 6:30AM-7:30AM **AquaFit**
- A** 9:00AM-10:00AM ***Bootcamp**
- S2** 12:00PM-1:00PM **Cardio Power Hour**
- A** 4:00PM-5:00PM ***Bootcamp**
- S2** 5:30PM-6:30PM **Boxing**
- S1** 5:30PM-6:30PM **Vinyasa Flow Yoga**
- S2** 6:30PM-7:30PM **Pop Pilates**

FRIDAY

- S2** 12:00PM-1:00PM **cycle60**
- S2** 4:00PM-5:00PM **Hip Hop**

SATURDAY

- S2** 10:15AM-11:15AM **zumba**
- S2** 11:15AM-12:15PM **Body Sculpt**

SUNDAY

- S2** 5:30PM-6:30PM **Hip Hop**
- S2** 6:30PM-7:30PM **combat**

For full class format descriptions, please visit our website

- WL** West Lawn
- S1** studio 1
- S2** studio 2
- A** Alpine Field
- P** Pool

Semester FitPass:
Unlimited Access to ALL Classes!

Students: \$20
Rec Members: \$30
Non-Members: \$35

- Students** → All fee-paying UCCS students eligible for pricing
- Rec Members** → All Rec Members with an active membership
- Non-Members** → UCCS Affiliates without current Rec Membership

Classes are FREE during the following periods:

2nd Week of Academic Classes
Aug. 28th-Sept. 3rd
Exam Week
Dec. 11th-14th

For alternative formats or accommodations related to a disability, please contact tkaletsk@uccs.edu

Get Connected:

- 719-255-7515
- www.uccs.edu/recwellness
- UCCS Campus Recreation
- @UCCS_Rec

For questions & more info contact us at Fitness@uccs.edu