**Group Fitness Schedule**  
**Spring 2016 | Feb. 1 - May. 8**

<table>
<thead>
<tr>
<th>TIME</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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</table>
| 6:45 am  | Pilates (60)  
Tiffany (Studio 1) | BUTTS N’GUTTS(60)  
Stephanie (Studio 2) |                                |                                | @10:00 Pilates (60)  
Tiffany (Studio 1) |                                |
| 9:00 am  | Cycle Express (45)  
Annette (Studio 2) | Cycle (60)  
Kelli (Studio 2) |                                |                                |                                 |                                |
| 11:00 am | Zumba (60)  
Jess (Studio 2) | Hit (30)  
Stephanie (Studio 2) | Yoga (60)  
Debby (Studio 2) | Fierce45 (45)  
Varies (Studio 2) |                                 |                                |
| 12:00 pm | Zumba (60)  
Jess (Studio 2) | Yoga (60)  
Debby (Studio 2) |                                 |                                |                                 |                                |
| 12:30 pm | Core Express (30)  
Stephanie (Studio 2) |                                |                                |                                |                                 |                                |
| 4:30 pm  |                                | Bootcamp (60)  
Isaiah (Studio 2) |                                |                                |                                 |                                |
| 5:30 pm  | Cycle (60)  
Kelli (Studio 2) | Pilates (60)  
Tiffany (Studio 1) | Zumba (60)  
Jamie (Studio 2) | Total Strength (60)  
Stephanie (Studio 1) |                                 |                                |
| 5:45 pm  | MIXXEDFIT(60)  
Krista (Studio 2) |                                |                                |                                |                                 |                                |
| 6:30 pm  | Yoga (60)  
Robbie (Studio 2) | Yoga (60)  
Robbie (Studio 2) |                                |                                |                                 |                                |
| 7:00 pm  |                                | SUP Yoga (60)  
(Pool) |                                | @6:45 Butts 'N Gutts (30)  
Stephanie (Studio 2) |                                |                                |

With the Spring 2016 opening of the new Recreation and Wellness Center, the Group Fitness Program is excited to have two studios available for fitness and wellness related programs, services and classes. Additional fee required to participate in group fitness classes.

One pass, any class! Purchase your Fitpass at the front desk, which provides you with access to any and all classes, all semester long.

To purchase your fall group fitness pass visit the recreation center front desk.

- **Fitpass - Students** $20
- **Fitpass - Faculty/Staff** $25
- **Fitpass - Non-member** $35

All classes are offered in Studio 1 on the ground level, or Studio 2 on the 2nd floor of the Recreation and Wellness Center.

Class formats serve all ability and skill levels, unless otherwise indicated on our website.

ALWAYS CONSULT YOUR PHYSICIAN PRIOR TO STARTING ANY EXERCISE PROGRAM.

Visit us: www.uccs.edu/campusrec/fitness.html  
E-mail us: fitness@uccs.edu

**UCCS Recreation and Wellness Center**  
**University of Colorado College of Osteopathic Medicine**