## GROUP FITNESS SCHEDULE

**Fall 2016**

For class descriptions and additional information, please visit our website at: [http://www.uccs.edu/recwellness/campus-rec/fitness.html](http://www.uccs.edu/recwellness/campus-rec/fitness.html)

Contact us at fitness@uccs.edu

### Group Fitness classes run from Aug 29 – Dec 16 in the fall

**Purchase your FitPass today!** Group fitness classes are offered at an additional cost to students, faculty, and staff. **FitPasses are a one-time fee, good for any class, all semester long.**

<table>
<thead>
<tr>
<th>Students</th>
<th>Faculty/Staff</th>
<th>Non-members</th>
</tr>
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<tbody>
<tr>
<td>$20</td>
<td>$30</td>
<td>$35</td>
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</tbody>
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### Monday

- **6:45 am**
  - Pilates (60)
  - Studio 1
  - **Instructor: Tiffany**

- **12:00 pm**
  - Zumba (60)
  - Studio 2
  - **Instructor: Ciera**

- **5:30 pm**
  - Cycle45 (45)
  - Studio 2
  - **Instructor: Elizabeth**

- **6:30 pm**
  - Vinyasa Flow Yoga (60)
  - Studio 1
  - **Instructor: Robbie**

  - Mixxed Fit (60)
  - Studio 2
  - **Instructor: Krista**

- **7:45 pm**
  - Meditation (30)
  - Studio 1
  - **Instructor: Robbie**

### Tuesday

- **6:45 am**
  - Yoga (60)
  - Studio 1
  - **Instructor: Renee**

- **11:00 am**
  - Cycle30 (30)
  - Studio 2
  - **Instructor: Elizabeth**

- **12:00 pm**
  - Cardio Power Hour (60)
  - Studio 2
  - **Instructor: Katie**

- **5:30 pm**
  - Outdoor Bootcamp (60)
  - Alpine Field
  - **Instructor: Cole**

- **6:30 pm**
  - Zumba (60)
  - Studio 2
  - **Instructor: Robbie**

### Wednesday

- **11:15 am**
  - Barre (45)
  - Studio 1
  - **Instructor: Tiffany**

- **12:00 pm**
  - Power Yoga (60)
  - Studio 2
  - **Instructor: Debby**

- **5:30 pm**
  - Cycle45 (45)
  - Studio 2
  - **Instructor: Elizabeth**

- **6:15 pm**
  - Barre (60)
  - Studio 2
  - **Instructor: Tiffany**

### Thursday

- **5:30 pm**
  - Zumba (60)
  - Studio 2
  - **Instructor: Ciera**

- **12:00 pm**
  - MixxedFit (60)
  - Studio 2
  - **Instructor: Krista**

- **4:30 pm**
  - Hip Hop (60)
  - Studio 2
  - **Instructor: Ana Karina**

### Friday

- **12:00 pm**
  - Synrgy360XL
  - Fitness Center
  - **Instructor: Krista**

- **6:30 pm**
  - Yoga (60)
  - Studio 1
  - **Instructor: Renee**

### Saturday

- **No classes**

### Sunday

- **5:30 pm**
  - Hip Hop (60)
  - Studio 1
  - **Instructor: Ana Karina**

- **4:30 pm**
  - Combat
  - Studio 2
  - **Instructor: Joseph**

- **7:45 pm**
  - Yoga
  - Studio 1
  - **Instructor: Renee**

**Please consult a physician prior to starting any exercise program.**

All Group Fitness classes are FREE during the 2nd week of UCCS academic classes, Exam Week, Winter Break, and Spring Break. Schedules are subject to change during these times.