

GROUP FITNESS CLASSES

FALL 2017

MONDAY

S2 12:00PM-12:45PM **cycle45**

S2 3:15PM-4:15PM **zumba®**

S2 6:30PM-7:30PM **Vinyasa Flow Yoga**

S1 7:30PM-8:30PM **Pilates**

TUESDAY

S1 5:00PM-6:00PM **zumba®**

S2 5:00PM-6:00PM **Total strength**

S2 6:30PM-7:30PM **Bollywood Dance**

WEDNESDAY

S2 7:00AM-8:00AM **combat**

S1 7:15AM-8:15AM **Sunrise Vinyasa Yoga**

S2 12:00PM-12:45PM **cycle45**

S2 5:30PM-6:30PM **cycle60**

S2 6:45PM-7:45PM **Vinyasa Flow Yoga**

THURSDAY

P 6:30AM-7:30AM **AquaFit**

S2 12:00PM-12:45PM **HIIT circuit**

S1 4:30PM-5:30PM **MixedFit™**

S2 5:30PM-6:30PM **Boxing**

S1 5:30PM-6:30PM **Vinyasa Flow Yoga**

S2 6:45PM-7:45PM **Pilates**

FRIDAY

S2 12:00PM-1:00PM **cycle60**

S2 4:00PM-5:00PM **Hip Hop**

SATURDAY

No classes

SUNDAY

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

S2 6:45PM-7:45PM **combat**

For full class format descriptions, please visit our website

S1 studio 1

S2 studio 2

P Pool

Semester FitPass:

Now on sale! These prices are at a 50% discount or more.

Students: \$10

Rec Members: \$15

Non-Members: \$15

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 finals 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