SPRING 2020

GROUP FITNESS
JANUARY 21 - MAY 8

For alternative formats or accommodations related to a disability and other questions, contact Cynthia at fitness@uccs.edu or 719-255-3875

MIXXEDFIT 11:30am-12:30pm | Studio 1
VINYASA 12:30pm-1:30pm | Studio 1
STRENGTH & POWER 5:15pm-6:15pm | Studio 2
VINYASA FLOW 7pm-8pm | Studio 1

THURSDAY

VINYASA YOGA 8am-9am | Studio 1
ZUMBA 10:30am-11:30am | Studio 1
VINYASA FLOW 11:30am-12:30pm | Studio 1
RESTORATIVE YOGA 4pm-5pm | Studio 1
BARRE 5:15pm-6:15pm | Studio 1
SPIN 5:45pm-6:45pm | Studio 2

FRIDAY

POWER YOGA 8am-9am | Studio 1
30 MINUTE LUNCH CARDIO & MOBILITY 11am-11:30am | Studio 1
VINYASA FLOW 11:30am-12:30pm | Studio 1
MIXXEDFIT 12:30pm-1:30pm | Studio 1
BARRE 5:15pm-6:15pm | Studio 1

FITPASS is $20 per semester for Students & Campus Recreation Members or $2 per class

University of Colorado Colorado Springs
CAMPUS REC