

SPRING 2021 ZOOM GROUP FITNESS SCHEDULE

	TUESDAY	WEDNESDAY	THURSDAY
12PM	Yoga 12:30-1:30PM Ruth		Yoga 12:30-1:30PM Ruth
4PM		Yoga & Meditation 4:30-5:30PM Ruth	
6PM	Zumba® 6:00-7:00PM Anie		Zumba® 6:00-7:00PM Anie
	<p>Pre-registration required for all Zoom classes. Registration is required 48 hours in advance at: shop.recports.uga.edu</p>		



Recreational Sports
Student Affairs
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PURCHASE GROUP FITNESS PASSES: SHOP.RECSPORTS.UGA.EDU
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Yoga

Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary based on instructor.

Yoga & Meditation

Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened meditation time to improve serenity and focus as well as comfortably lengthening the muscles.

Zumba®

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

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