

SPRING 2021 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM	Cycle (E) 6:30-7:30AM Rachel	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:30AM Rachel	Deep Water (DW) 6:15-7:15AM Kim	Cycle (E) 6:30-7:30AM Kristen	
		BODYPUMP™ (B) 6:45-7:45AM Cace		BODYPUMP™ (B) 6:45-7:45AM Karlie		
12PM		Deep Water (DW) 12:15-1:00PM Kim	Aqua Tabata (RP) 12:15-1:00PM Sandi	Deep Water (DW) 12:15-1:00PM Kim		
	BODYPUMP™ (B) 12:15-1:15PM Melanie	QuickFit (C) 12:15-12:45PM Megan S.	BODYPUMP™ (B) 12:15-1:15PM Cace	QuickFit (C) 12:15-12:45PM Montse	BODYPUMP™ (B) 12:15-1:15PM Melanie	
	QuickFit (C) 12:30-1:00PM Tevin	Cycle Express (E) 12:45-1:15PM Kristen	QuickFit (C) 12:30-1:00PM Devin L.	Cycle Express (E) 12:45-1:15PM Kristen	QuickFit (C) 12:30-1:00PM Devin L.	
	Yoga (A) 12:30-1:30PM Lisa		Yoga (A) 12:30-1:30PM Myrna		Yoga (A) 12:30-1:30PM Myrna	
4PM	WOD (C) 4:15-5:15PM Cam		WOD (C) 4:15-5:15PM Cam			
	Cycle Express (E) 4:15-4:45PM Lisa	\$1 Abs (B) 4:45-5:15PM Gaby	Cycle Express (E) 4:15-4:45PM Lisa	\$1 Abs (B) 4:45-5:15PM Devin W.		
5PM	BODYPUMP™ (B) 5:30-6:30PM Emily		BODYPUMP™ (B) 5:30-6:30PM Emily			Cycle (E) 5:00-6:00PM Ari
	Zumba® (D) 5:30-6:30PM Bridgette	Zumba® (D) 5:30-6:30PM Gaby	Zumba® (D) 5:30-6:30PM Hui	Zumba® (D) 5:30-6:30PM Abby	Zumba® (D) 5:30-6:30PM Miriam	BODYPUMP™ (B) 5:00-6:00PM Kayla
	Yoga (A) 5:30-6:30PM Marihaidyn	Cycle (E) 5:45-6:45PM Kayla	Yoga (A) 5:30-6:30PM Kelsey	Cycle (E) 5:45-6:45PM Kayla	Yoga (A) 5:30-6:30PM Emerson	Mobility, Strength & Stretch (A) 5:00-6:00PM Lydia
6PM		BODYPUMP™ (B) 6:45-7:45PM Karlie	BODYCOMBAT™ (B) 6:45-7:45PM Cace	BODYPUMP™ (B) 6:45-7:45PM Hope		
	Sculpt & Stretch (A) 6:45-7:45PM Kira	Barre (A) 6:45-7:45PM Brooke	Sculpt & Stretch (A) 6:45-7:45PM Vivian	Barre (A) 6:45-7:45PM Morgan		



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\$1 Abs	This class is free to any unlimited group fitness pass holder. Not a pass holder? \$1 Abs class passes can be purchased online or at shop.recsports.uga.edu or at the Rec Sports Admissions desk and should be presented when checking in.
Aqua Tabata	Want HIIT without the impact? Aqua Tabata is a type of High Intensity Interval Training that will push your limits using the properties of water. This class includes periods of high intensity exercise that are followed by short periods of rest.
Barre	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
BODYCOMBAT™	BODYCOMBAT™ is a mixed martial arts inspired workout that will leave you feeling unleashed and empowered. A variety of fighting styles integrated into an interval training and cardio workout. Improves coordination, strengthens and tones all of the major muscle groups for a full body training effect.
BODYPUMP™	BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!
Cycle/ Cycle Express	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
Deep Water	Exhaust every muscle in your body without ever touching the ground in this low-impact, cardio and strength class! Buoyancy belts provided. No swimming experience required.
Mobility, Strength & Stretch (MB)	This strength based workout integrates mind-body connection training, dynamic stretching, and muscle toning flows that will teach your body to build strong functional muscle while gaining flexibility along the way.
Stretch & Sculpt	Stretch & Sculpt is a low-impact class that focuses on muscle development and length. This class will incorporate strength training with flexibility so you'll leave feeling both taxed and relaxed.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Workout of the Day (WOD)	Never make it to class on time? No problem! Workout of the Day (WOD) allows you to drop in at any time during the one hour time block to complete a challenging, 20 minute workout. This circuit style format utilizes movements from various sports and conditioning drills to create a top-notch cross-training experience.
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.
Zumba®	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

