

SUMMER 2021 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	BODYPUMP™ (B) 6:30-7:30AM Cace	Deep Water (DW) 6:15-7:15AM Kim	BODYPUMP™ (B) 6:30-7:30AM Cace	Deep Water (DW) 6:15-7:15AM Kim	BODYPUMP™ (B) 6:30-7:30AM Kayla	
	Cycle (E) 6:30-7:15AM Ari	Yoga (F) 6:30-7:30AM Amy	Cycle (E) 6:30-7:15AM Rachel	Yoga (F) 6:30-7:30AM Amy	Cycle (E) 6:30-7:15AM Rachel	
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	Cycle Express (E) 12:30-1:00PM Lisa	BODYPUMP™ (B) 12:15-1:15PM Melanie	Cycle Express (E) 12:30-1:00PM Lisa		
	Yoga (F) 12:15-1:15PM Lisa		Yoga (F) 12:15-1:15PM Myrna		Yoga (F) 12:15-1:15PM Myrna	Yoga (F) 12:15-1:15PM Myrna
	QuickFit (C) 12:15-12:45PM Devin		QuickFit (C) 12:15-12:45PM Devin		QuickFit (C) 12:15-12:45PM Devin	
4PM	WOD (C) 4:15-4:45PM Libby	\$1 Abs (B) 4:15-4:45PM Alex	WOD (C) 4:15-4:45PM Libby	\$1 Abs (B) 4:15-4:45PM Alex		
5PM	Zumba® (D) 5:30-6:30PM Abby	Zumba® (D) 5:30-6:30PM Anie	Zumba® (D) 5:30-6:30PM Abby	Zumba® (D) 5:30-6:30PM Hui		
	BODYPUMP™ (B) 5:30-6:30PM Kayla	Cycle (E) 5:30-6:15PM Ari	BODYPUMP™ (B) 5:30-6:30PM Kayla	Cycle (E) 5:30-6:15PM Rachel		
	Yoga (F) 5:30-6:30PM Ruth		Yoga (F) 5:30-6:30PM Ruth			
6PM	Sculpt & Stretch (A) 6:30-7:15PM Vivian	Barre (A) 6:45-7:30PM Emily/Savita	Sculpt & Stretch (A) 6:30-7:15PM Vivian	Barre (A) 6:45-7:30PM Emily/Savita		



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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.recports.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!
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.
QuickFit	This class is a perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Sculpt & Stretch	Sculpt & Stretch 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.
WOD (Workout of the Day)	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!

