

# FALL 2022 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM	<b>Cycle (E)</b> 6:30-7:15AM Abby C.	<b>Deep Water (DW)</b> 6:15-7:15AM Kim	<b>Cycle (E)</b> 6:30-7:15AM Abby C.	<b>Deep Water (DW)</b> 6:15-7:15AM Kim	<b>Cycle (E)</b> 6:30-7:15AM Vongai	
	<b>BODYPUMP™ (B)</b> 6:30-7:15AM Sydney	<b>BODYPUMP™ (B)</b> 6:30-7:15AM Vongai		<b>BODYPUMP™ (B)</b> 6:30-7:15AM Vongai	<b>BODYPUMP™ (B)</b> 6:30-7:15AM Sydney	
		<b>Yoga (F)</b> 6:30-7:30AM Mary Rachel		<b>Yoga (F)</b> 6:30-7:30AM Mary Rachel	<b>Yoga (F)</b> 6:30-7:30AM Anita	
7AM		<b>Cardio Box (BOX)</b> 7:00-8:00AM Jasmine	<b>Sculpt &amp; Stretch (B)</b> 7:30-8:30AM Abby	<b>Cardio Box (BOX)</b> 7:00-8:00AM Jasmine		
10AM			<b>Deep Water (DW)</b> 10:00-10:45AM Kim			
12PM		<b>Deep Water (DW)</b> 12:15-1:00PM Kim	<b>Aqua Tabata (RP)</b> 12:15-1:00PM Sandi	<b>Deep Water (DW)</b> 12:15-1:00PM Kim		
	<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie		<b>BODYPUMP™ (B)</b> 12:15-1:15PM Melanie			
	<b>Yoga (F)</b> 12:15-1:15PM Ruth	<b>Yoga (F)</b> 12:15-1:15PM Amanda	<b>Yoga (F)</b> 12:15-1:15PM Myrna	<b>Yoga (F)</b> 12:15-1:15PM Myrna	<b>Yoga (F)</b> 12:15-1:15PM Myrna	
	<b>QuickFit (C)</b> 12:30-1:00PM Abby C.	<b>QuickFit (C)</b> 12:15-12:45PM Vongai	<b>QuickFit (C)</b> 12:30-1:00PM Devin L.	<b>QuickFit (C)</b> 12:15-12:45PM Vongai	<b>QuickFit (C)</b> 12:30-1:00PM Devin L.	
		<b>Cycle &amp; Flow (E)</b> 12:30-1:15PM Ruth		<b>Cycle &amp; Flow (E)</b> 12:30-1:15PM Ruth		
4PM	<b>Barre (D)</b> 4:15-5:15PM Mimi	<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth	<b>Barre (D)</b> 4:15-5:15PM Mimi	<b>Yoga &amp; Meditation (F)</b> 4:15-5:15PM Ruth		
	<b>\$1 Abs (B)</b> 4:30-5:00PM Abby C.	<b>Cycle Express (E)</b> 4:15-4:45PM Lydia	<b>\$1 Abs (B)</b> 4:30-5:00PM Abby C.	<b>Cycle Express (E)</b> 4:15-4:45PM Lydia		
		<b>20/20/20 (B)</b> 4:30-5:30PM Ally		<b>20/20/20 (B)</b> 4:30-5:30PM Ally	<b>20/20/20 (B)</b> 4:30-5:30PM Madison	<b>Cycle (E)</b> 4:30-5:15PM Frankie
5PM		<b>HIIT (A)</b> 5:15-6:00PM Madison		<b>HIIT (A)</b> 5:15-6:00PM Hana		<b>Cardio Barre (A)</b> 5:00-6:00PM Mimi
	<b>Zumba® (D)</b> 5:45-6:30PM Abby H.	<b>BODYPUMP™ (B)</b> 5:45-6:45PM Kira	<b>Zumba® (D)</b> 5:30-6:30PM Miriam	<b>BODYPUMP™ (B)</b> 5:45-6:45PM Kira	<b>Zumba® (D)</b> 5:30-6:30PM Hui	
	<b>Yoga (F)</b> 5:30-6:30PM Myrna		<b>Yoga (F)</b> 5:30-6:30PM Anita		<b>Yoga (F)</b> 5:30-6:30PM Anita	<b>Yoga &amp; Meditation (F)</b> 5:30-6:30PM Madeline
	<b>Cardio Box (BOX)</b> 5:30-6:30PM Jasmine		<b>Cardio Box (BOX)</b> 5:30-6:30PM Jasmine			
6PM	<b>Cycle (E)</b> 6:00-6:45PM Lydia	<b>Cycle (E)</b> 6:30-7:15PM Frankie	<b>Cycle (E)</b> 6:00-6:45PM Ally	<b>Cycle (E)</b> 6:30-7:15PM Frankie		
	<b>Pilates (A)</b> 6:45-7:45PM Vivian		<b>Pilates (A)</b> 6:45-7:45PM Vivian			
	<b>TRX Yoga (D)</b> 6:45-7:45PM Ruth		<b>TRX Yoga (D)</b> 6:45-7:45PM Ruth			



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<b>20/20/20</b>	20/20/20 is a high intensity blended workout composed of 20 minutes of cardio, 20 minutes of strength/circuit/weights, and then 20 minutes of abs.
<b>\$1 Abs</b>	This class is free to any unlimited group fitness pass holder. Not a pass holder? \$1 Abs class passes can be purchased online at <a href="http://shop.recports.uga.edu">shop.recports.uga.edu</a> or at the Rec Sports Admissions desk and should be presented to the fitness monitor when checking in for class.
<b>Aqua Tabata</b>	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.
<b>Barre</b>	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!
<b>BODYPUMP™</b>	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!
<b>Cardio Barre</b>	An upbeat, high energy class that combines the traditional, lightweight barre moves with non-stop, heart-pumping, metabolic movements.
<b>Cardio Box</b>	Cardio Box is a high intensity interval training class designed to make you sweat! With an additional emphasis on ab exercises, Cardio Box is a great full body workout for everyone! No prior boxing experience is required!
<b>Cycle/ Cycle Express</b>	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.
<b>Cycle &amp; Flow</b>	This class provides a 20-minute easy rhythm ride with a 25-minute gentle yoga class to increase the heart rate and relax the body leaving you feeling refreshed and ready to take on the day.
<b>Deep Water</b>	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.
<b>HIIT</b>	HIIT or otherwise known as "High Intensity Interval Training" is a very common trend in today's fitness world. The format of the class is designed to help you burn calories throughout the day!
<b>Pilates</b>	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
<b>QuickFit</b>	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
<b>Sculpt &amp; Stretch</b>	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.
<b>TRX® Yoga</b>	This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.
<b>Yoga</b>	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.
<b>Yoga &amp; Meditation</b>	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.
<b>Zumba®</b>	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party!

