

FALL 2022 GROUP FITNESS SCHEDULE

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



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20/20/20	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.
\$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 at shop.recsports.uga.edu or at the Rec Sports Admissions desk and should be presented to the fitness monitor when checking in for class.
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!
Cardio Barre	An upbeat, high energy class that combines the traditional, lightweight barre moves with non-stop, heart-pumping, metabolic movements.
Cardio Box	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!
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.
Cycle & Flow	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.
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.
HIIT	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!
Pilates	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.
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.
TRX® Yoga	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.
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.
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!

