

# UNF Group Fitness Schedule-Summer 2019

Effective May 13-July 26

No classes on the following dates: 5/25-27, 7/4-7

MONDAY	
9:00am-9:55am	<b>Spin Flora</b>
11:00am-11:55am	<u>HIT Training Lyndi</u>
12:00pm-12:55pm	<u>Mixed Level Yoga Patrick</u>
2:00pm-3:15pm	<u>Yoga Burn Patrick</u>
4:30pm-5:00pm	<u>Ab Attack Heather</u>
5:00pm-5:55pm	<u>Booty Blast Heather</u>
5:00pm-5:55pm	<b>Spin Carly</b>
6:00pm-6:55pm	<u>Yoga Mix Kim</u>
6:30pm-7:25pm	<b>Crossprey Fit Nick H</b>
7:00pm-7:55pm	<u>Zumba Christian</u>
7:00pm-7:55pm	<b>Spin Fran</b>
8:00pm-8:55pm	<u>Buns &amp; Guns Fran</u>

TUESDAY	
8:00am-8:55am	<u>HIT Training Flora</u>
11:00am-11:55am	<u>Booty Blast Lyndi</u>
12:00pm-12:30pm	<b>Spin Express Kacie</b>
12:00pm-12:55pm	<u>Tai Chi Nick M</u>
4:00pm-4:55pm	<u>Barre Burn Lora</u>
5:00pm-5:55pm	<b>Spin Susan</b>
5:00pm-5:55pm	<u>Power Yoga Patrick</u>
6:00pm-6:55pm	<u>HIT Training Lora</u>
7:00pm-7:55pm	<b>Spin &amp; Strength Kim</b>
7:00pm-7:30pm	<u>Ab Attack Kelsey</u>
7:00pm-7:45pm	<b>Playground Nick H</b>
7:30pm-8:25pm	<u>Hip Hop Fitness Kelsey</u>

WEDNESDAY	
10:00am-10:45am	<b>Playground Nick H</b>
12:00pm-12:30pm	<b>Spin Express Kacie</b>
12:00pm-12:55pm	<u>Relaxing Yoga Patrick</u>
2:00pm-3:15pm	<u>Yoga Burn Patrick</u>
4:30pm-5:25pm	<u>HIT Training Kayliana</u>
5:30pm-6:00pm	<u>Ab Attack Carly</u>
6:00pm-6:55pm	<b>Spin Carly</b>
6:00pm-6:55pm	<u>Choreographed Conditioning Kim</u>
6:30pm-7:25pm	<b>Crossprey Fit Nick H</b>
7:00pm-7:55pm	<u>Zumba Alley</u>
8:00pm-8:55pm	<u>Mixed Level Yoga Amanda</u>

THURSDAY	
8:00am-8:55am	<u>Tabata Kacie</u>
9:00am-9:55am	<u>Mixed Level Yoga Amanda</u>
11:30am-12:00pm	<b>Spin Express Kacie</b>
12:00pm-12:45pm	<b>Playground Kayliana</b>
12:00pm-12:55pm	<u>Tai Chi Nick M</u>
4:30pm-5:00pm	<u>Ab Attack Lyndi</u>
5:00pm-5:55pm	<u>Tabata Lyndi</u>
5:00pm-5:55pm	<b>Spin Carly</b>
6:00pm-6:30pm	<u>Upper Body Blast Lora</u>
6:30pm-7:00pm	<u>Lower Body Blast Lora</u>
7:00pm-7:30pm	<u>Ab Attack Lora</u>
7:15pm-7:45pm	<b>Spin Express Kim</b>
8:00pm-8:55pm	<u>Yoga Mix Kim</u>

FRIDAY	
10:00am-10:55am	<b>Spin Flora</b>
11:00am-11:55am	<u>Booty Blast Heather</u>
12:00pm-12:55pm	<u>Relaxing Yoga Amanda</u>
1:00pm-1:55pm	<b>Spin Susan</b>
3:00pm-3:55pm	<u>HIT Training Flora</u>
5:30pm-6:25pm	<u>Zumba Alley</u>
6:00pm-6:55pm	<b>Spin &amp; Stength Kim</b>
7:00pm-7:55pm	<u>Yogalates Kim</u>

SATURDAY	
<b>SUNDAY</b>	
7:00pm-7:55pm	<u>Zumba Alley</u>

**CLASS LOCATIONS:**  
 Indoor Cycle Studio  
 Large Fitness Studio  
 Mind Body Studio  
 2nd floor DDFC

# Class Descriptions

**Ab Attack:** Come and feel the burn! This 30-minute class will give you a complete core (abdominals, obliques, and low back) workout, along with the needed cardio to work your core to the max.

**Barre Burn:** This class uses a combination of ballet, yoga, and Pilates-inspired movements and postures that focuses on building strength with small range of motion movements and high repetitions. It is a challenging workout for all fitness and skill levels.

**Booty Blast:** A comprehensive total body workout with an emphasis on the glutes! Get toned and tightened in this class and learn the most effective exercises to obtain the booty you've always wanted!

**Buns & Guns:** This class is all about symmetry. You will utilize plyometric exercises, body weight calisthenics, and strength training to sculpt and tone your upper and lower body. This class can have outdoor elements involved, so bring your water bottle and towel, and get ready to work!

**Choreographed Conditioning:** A total body work-out to the beat. No dance experience required! Conditioning will include low impact with weights and creative moves to keep you in summer shape.

**Crossprey Fit:** (2<sup>nd</sup> floor) High Intensity class that pushes you to excel. Workouts may include timed rounds, high repetitions and everything in-between.

**Hip Hop Fitness:** Come get fit with this high energy choreographed dance class that will get your body moving and sweating. No dance experience required.

**HIT Training:** Full body high intensity training (HIT) that uses a variety of equipment and timing intervals to challenge the muscular and cardiovascular systems.

**Lower Body Blast:** It's all about legs: get in a full lower body workout in just 30 minutes! This class uses bodyweight exercises and a variety of equipment to sculpt glutes, quads, hamstrings, abductors, abductors, and calves.

**Mixed Level Yoga:** Whether you're a beginner or an advanced yogi, we have something for you. This creative yoga practice is built for restoring the body and increasing flexibility through slower paced poses, along with stretching and breathing exercises. This class will allow options to modify or variate each posture, allowing all levels to feel comfortable and challenged.

**Playground:** (2<sup>nd</sup> floor) 45 second timed stations of functional training on the DDFC's red Playground.

**Power Yoga:** Power yoga is a total body yoga class, ideal for those looking to sweat. Connecting breathing to movement in a faster paced environment, this class can help strengthen muscles and increase endurance. This vigorous class won't leave you disappointed.

**Relaxing Yoga:** Come unwind and find your inner peace with slow movement, gentle stretching, and deep breathing. Intertwining breath work, meditation, and soft stretches, this class is perfect for those looking to find time to unwind and clear the mind.

**Spin:** Spin provides the perfect environment to push your cardio limits. For 55 minutes, you'll pedal through hill climbs, sprints, and other interval drills with great music and motivating instructors. Bring a towel and water, and get ready to sweat!

**Spin Express:** This 30-minute all-levels class is perfect if you're short on time and still want to break a good sweat. In this cardio class, you'll pedal through hill climbs, sprints, and other interval drills with great music and motivating instructors. Bring a towel and water, and get ready to sweat!

**Spin & Strength:** This class will incorporate sprints, climbs, and jumps on the spin bike, with low intensity bodyweight style exercises off the bike. Think of this class as a spin class that has frequent bursts of a barre style class. You won't want to miss this!

**Tabata:** In this 55 minute sweat session, you will be challenged to perform exercises at the highest intensity for intervals of 20 seconds with 10 seconds of rest in between. Your whole body will be worked while increasing your aerobic and anaerobic capacities, resulting in more calories burned even hours after the workout.

**Upper Body Blast:** This class offers a complete upper body workout in only 30 minutes, specifically targeting chest, back, shoulder, and arm muscles. Come blast your way to a stronger upper body!

**Yoga Burn:** This 75 minute yoga class will include traditional and rigorous boot camp style warm ups followed by long held yoga poses to both strengthen and relax. All classes will end with a long shavasana.

**Yoga Mix:** Yoga mix is a blend of yoga poses and asanas combined with more traditional conditioning focusing on core muscles.

**Yogalates:** Focuses on core strength, balance, and stability work to strengthen, lengthen, and tone all areas of the body by combining yoga and mat work.

**Zumba:** High energy dance fitness featuring Latin and international rhythms including salsa, merengue, hip-hop, and much more. No dance experience required.