

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

**SPRING 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
		7:15a - 8a CYCLING (cycling studio)		
				11a - 11:45a GROUP STRENGTH + CORE 360
4p - 4:45p TRX	4:30p - 5:15p BARBELL STRENGTH	4p - 4:45p Total TRX	4p - 4:45p Double Threat (Insanity/Yoga)	12p - 1p YOGA
5p - 5:45p INSANITY + CORE 360	5:30p - 6:15p STEP	5p - 5:15p CORE 360	5p - 5:45p CYCLING (cycling studio)	
6p - 7p YOGA	5:30p - 6:15p CYCLING (cycling studio)	5:30p - 6:15p P90X	5p - 5:30p BELOW THE BELT	
6:30p - 7:15p CYCLING (cycling studio)	6:30p - 7:30p YOGA	6:30p - 7:30p YOGA	5:45p - 6p CORE 360	
			6:15p - 7p BARBELL STRENGTH	



**RESERVATIONS: UW-W REC SPORTS APP**  
**"GROUP FITNESS" WIDGET**

\*classes available 48 hours in advance, space is limited\*

# FOLLOW REC SPORTS



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## CLASS DESCRIPTIONS

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**Barbell Strength:** Focuses on building full body strength through the use of barbells and plates. Great for everyone of every fitness level!

**Below the Belt:** 30 minute class follows the format of Group Strength but targets the lower body. It is designed to tone and tighten everything below the belt!

**Core 360:** FREE 15 minute abs class is open to everyone. A fun and challenging way to tighten and tone your core!

**Cycling:** Come and get the workout of your life! This class is designed to push you to the limit of your cardiovascular fitness. Low-impact, but high intensity! Water bottles are required. Located in the University Fitness Center, basement of Wells Hall.

**Group Strength:** New to strength training or looking to CHANGE UP your CURRENT ROUTINE? Group Strength offers a non-intimidating environment to help shape your body!

**Insanity:** A fun filled, action packed cardio based, total-body conditioning workout that provides a wide range of modifications for all levels of fitness. (30 minute format)

**PgoX:** Total-body strength and cardio-conditioning workouts inspiring group camaraderie to help people achieve their desired fitness levels. (45 minute format)

**Step:** Whether you are a beginner or an advanced stepper this fitness staple uses basic to advanced step moves to challenge all levels of participants. (45 minute format)

**Double Threat:** Combines 20 minutes of Insanity with 20 minutes of Yoga. (45 minute format)

**Total TRX®:** This 45-minute class combines TRX suspension training with cardio circuits for an exciting, well-rounded workout. Prepare for a class that will help improve strength, balance, flexibility, core stability and endurance!

**TRX® Suspension Trainer:** TRX® leverages gravity and bodyweight, activating your core to help strengthen and increase range of motion throughout your body. \*User's hands and feet are supported by a single anchor point while the opposite end of the body is in contact with the floor. (45 minute format)

**Yoga:** Connect your mind and body while promoting muscular strength, endurance, and flexibility. "Lengthening while strengthening!" Namaste! (45 or 60 minute format, Yoga + is a 75 minute format and would include some meditation)

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### CLASS LOCATIONS:

- ⇒ Williams Center Dance Studio
- ⇒ University Fitness Cycling Studio (Wells Hall Basement)
- ⇒ Outdoor Location: Wangerin Tennis Courts (Williams Center)
- ⇒ Back-Up Indoor Location: Williams Center Gym 4

### GENERAL INFORMATION:

- ⇒ Space is limited! Reserve your spot to guarantee a spot.
- ⇒ Athletic clothes, shoes, AND MASK required.
- ⇒ Yoga/PiYo - Bring your own mat, this semester yoga mats will not be available for use.
- ⇒ Classes are subject to change at any time

