

Group Fitness FALL SCHEDULE 2009

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Woodard	◆SPINNING® 6:30-7:20		◆SPINNING® 6:30-7:20				
7:00	Larson		◆SunriseYoga 7:00-8:00		◆SunriseYoga 7:00-8:00			
10:00	B						Zumba® & Core 10:00-11:30	
	Woodard						SPINNING® 10:00-10:50	
11:00	Larson						Vinyasa Flow Yoga 11:00-12:00	
12:00	B	◆Pilates Mat 12:00-12:50	◆Muscle Pump 12:00-12:50	◆Pilates Mat 12:00-12:50	◆Muscle Pump 12:00-12:50			
	Larson	◆Hatha Yoga 12:05-12:50		◆Hatha Yoga 12:05-12:50		◆Vinyasa Flow Yoga 12:15-1:15		
3:00	Larson					Yoga CRUNCH! 3:10-4:10		
4:00	A					Turbo Kick® 4:20-5:20		
	B	Muscle Pump 4:15-5:05	Core 4:35-5:05	Muscle Pump 4:15-5:05	Core 4:35-5:05	Combat FIT 4:20-5:20		Zumba® 4:20-5:20
	Woodard	SPINNING® 4:30-5:20		SPINNING® 4:30-5:20		SPINNING® 4:30-5:20		
	Larson		Classical Yoga 4:35-5:50		Classical Yoga 4:35-5:50			
5:00	Larson	Pilates-Yoga Fusion 5:00-5:50		Flex 'N' Flow 5:00-5:50				
	Woodard	SPINNING® 5:30-6:20	SPINNING® The Long Ride 5:30-6:40	SPINNING® 5:30-6:20	SPINNING® The Long Ride 5:30-6:40			SPINNING® 5:30-6:20
	B	Turbokick® 5:15-6:15	Zumba® 5:15-6:15	Turbokick® 5:15-6:15	Zumba® 5:15-6:15	Wildcat Dolls Workout 5:30-6:30		
6:00	Larson	Power Yoga 6:00-7:00	Anusara Yoga 6:00-7:00	Power Yoga 6:00-7:00	Anusara Yoga 6:00-7:00			
	B	Zumba® 6:25-7:25	Boot Camp 6:25-7:25	Zumba® 6:25-7:25	Boot Camp 6:25-7:25			
	Woodard	Intro to SPIN® FREE CLASS to all Rec Center members! *8/31 - 9/21	SPINNING® & Core 6:45-7:45	Intro to SPIN® FREE CLASS to all Rec Center members! *9/2 - 9/23	SPINNING® & Core 6:45-7:45			
9:00	A		Moonlight Yoga 9:10-10:00		Moonlight Yoga 9:10-10:00			

Group Fitness Schedule for August 31—December 18



Turn the page for Group Fitness Class descriptions!

You must show your Valid Fitness Pass and ID to attend these classes • One Class Passes are \$7 and may be purchased at Recreation Services in The Rec Center • Fitness Passes are non-transferable and non-refundable • Classes are a group activity; please follow the instructor's directions and be considerate of other participants • Please arrive on time - entering a class in progress is not allowed • Appropriate attire must be worn • Please turn off all cell phones • A doctor's clearance is recommended prior to beginning any exercise program • All Fitness Passes are valid through the dates specified • Schedule subject to change • Visit our Website at <http://campusrec.arizona.edu> for the most current schedule • Visit our website as some classes may be cancelled in order to host special fitness events.