



CAMPUS RECREATION GROUP FITNESS

SPRING 2020 SCHEDULE | JANUARY 13 – MAY 8

UPDATED JANUARY 8, 2020

MON

TUE

WED

THU

FRI

SAT

RESTORATIVE YOGA
8:00 – 8:45 AM | MP4
Hanna

CYCLE 30
11:15 – 11:45 AM | RC5
Sarah

RESTORATIVE YOGA
8:00 – 8:45 AM | MP4
Hanna

POP 30
11:00 – 11:45 AM | MP4
Madeline

CYCLE 45
8:00 – 8:45 AM | RC5
Eve

**NO GROUP FITNESS
CLASSES**

POP PILATES
11:45 – 12 PM | MP4
Maggie

EMPLOYEES YOGA
11:00 – 11:45 PM | WC
Hanna

TOTALLY TONED
12:00 – 12:45 PM | MP1
Andrew

EMPLOYEES YOGA
11:00 – 11:45 AM | WC
Hanna

YOGA FLOW
12:00 – 12:45 PM | MP4
Wyndham

TOTALLY TONED
12:00 – 12:45 PM | MP1
Andrew

YOGA FLOW
12:00 – 12:45 PM | MP4
Hanna

POWER YOGA
4:00 – 4:45 PM | MP4
Hanna

YOGA FLOW
12:00 – 12:45 PM | MP4
Hanna

POWER YOGA
4:00 – 4:45 PM | MP4
Hanna

ZUMBA®
4:00 – 4:45 PM | MP1
Heber

CARDIO KICKBOXING
5:00 – 5:45 PM | MP1
Courtney

POWER YOGA
4:00 – 4:45 PM | MP4
Bryce

ZUMBA
5:00 – 5:45 PM | MP4
Leila

ZUMBA®
4:00 – 4:45 PM | MP1
Maria

AD BRUCE YOGA
4:00 – 4:45 PM | ADBRC
Breanna

YOGA FLOW
5:30 – 6:15 PM | MP4
Wyndham

AD BRUCE YOGA
4:00 – 4:45 PM | ADBRC
Breanna

CYCLE 30
4:30 – 5:00 PM | RB5
Daniella

ABSOLUTION
4:45 – 5:15 PM | MP4
Dan

BOOT CAMP
6:00 – 6:45 PM | FZ
Anna

POP PILATES
5:00 – 5:45 PM | MP4
Naomi

CARDIO KICKBOXING
5:00 – 5:45 PM | MP1
Courtney

POP PILATES
5:00 – 5:45 PM | MP1
Naomi

ZUMBA
6:30 – 7:15 PM | MP1
Rae

BOOT CAMP
5:00 – 5:45 PM | FZ
Megan

YOGA FLOW
5:30 – 6:15 PM | MP4
Kristin

BOOTCAMP
5:00 – 5:45 PM | FZ
Megan

MEDITATION
6:30 – 6:50 PM | MP4
Wyndham

TOTALLY TONED
6:00 – 6:45 PM | MP1
Megan

BOOTCAMP
6:00 – 6:45 PM | FZ
Anna

CYCLE 30
5:30 – 6:00 PM | RC5
Dan

POP PILATES
7:30 – 8:15 PM | MP1
Madeline

HIP HOP FITNESS
6:00 – 6:45 PM | MP4
Staci

ZUMBA
6:00 – 6:45 PM | MP1
Rae

BARRE
5:30 – 6:15 PM | MP3
Bryce

ZUMBA®
7:00 – 7:45 PM | MP1
Heber

POP PILATES
7:00 – 7:45 PM | MP1
Maggie

TOTALLY TONED
6:00 – 6:45 PM | MP1
Megan

RESTORATIVE YOGA
6:00 – 6:45 PM | MP4
Breanna

ZUMBA
7:00 – 7:45 PM | MP1
Leila

NIGHTCLUB CARDIO
8:00 – 8:45 PM | MP1
Myles

SUN

KEY

MP1 (1ST FLOOR)

MP3 (2ND FLOOR)

MP4 (2ND FLOOR)

RB5 RACQUETBALL COURT 5

FZ FITNESS ZONE

WC WELLNESS CLASSROOM

ADBRC BRUCE RELIGION CENTER

GROUP FITNESS SIGN-UP

Attending Group Fitness is **ABSOLUTELY FREE!** To take Group Fitness classes, you must get a pass from the Fitness Zone Help Desk on the 2ND floor of the Campus Recreation and Wellness Center. Bring your Cougar Card/pass to every class. Space in class is limited, so arrive 5–10 minutes early to secure a spot.

TAG US ON



@UHRECREATION

#UHFIT #UHREC

UNIVERSITY of
HOUSTON
CAMPUS RECREATION

GROUP FITNESS CLASS DESCRIPTIONS

ABSOLUTION: This 30-minute abdominal workout will ABSolutely strengthen and define your lower back, abdominal muscles, and glutes.

BARRE: A fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

BOOTCAMP: This class provides a full body workout using strength based equipment and bodyweight movements. Get ready to burn calories, increase strength, and improve your cardiovascular endurance in this high-energy class.

CARDIO KICKBOXING: This class combines martial arts techniques with fast-paced exercises. This workout is designed to help you build lean muscles, improve your coordination, and increase your stamina.

CYCLE: This group cycling class is designed for all fitness levels. It involves various cycling drills that offer an exhilarating cardiovascular workout.

HIP HOP FITNESS: Learn new dance combinations in slower paced class with lots of energy packed in to a 45 minutes session!

MEDITATION: This class encourages the practice of concentrated focus to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal growth.

NIGHT CLUB CARDIO®: You want an entertaining experience and you want to be fit – why should your workout be any different? This dance-fitness class set to multiple music genres is fun, effective and easy to follow!

POP PILATES: An intense, mat-based workout that develops a strong core and lean muscles, all to the beat of the music!

POP 30: This class will take you through your favorite POP Pilates workout in just 30 minutes.

POWER YOGA: This empowering yoga practice incorporates athleticism, strength, and flexibility for a full body workout. This fast-paced class will leave you feeling strong and energized to conquer the day. All fitness levels encouraged.

RESTORATIVE YOGA: This gentle yoga practice allows you to slow down and open the body through deep stretching. Poses will be held for a longer duration, allowing the muscles to relax and recover.

TOTALLY TONED: Arms, abs, calves; you got it? We'll tone it! This highly effective total body class will cost you hundreds of calories while working toward the elusive toned figure.

ZUMBA®: Zumba is the Latin-inspired, easy-to-follow dance-fitness party that will change the way you think about exercise. This cardiovascular workout will make you sweat as you boogie to the beats of international rhythms.

YOGA: Yoga is the practice of moving through asanas, or postures, often practiced alone for fitness or combined with meditation to calm and center the mind. This practice is beneficial for reducing stress and anxiety as well as building strength and flexibility.

YOGA FLOW: This yoga practice incorporates energetic movement through a series of yoga poses to encourage a sense a fluid movement. Poses will be connected to your breath to help guide your flow. All fitness levels encouraged.

SMALL GROUP TRAINING

DOWNSIZING

January 21 - March 5
March 17 - April 23
Tuesdays & Thursdays | 4:00 – 4:45 PM
CRWC MP 6 | \$65

WOMEN ON WEIGHTS

January 21 - March 5
March 17 - April 23
Tuesdays & Thursdays | 5:00 – 5:45 PM
CRWC MP 6 | \$65

SELF DEFENSE

February 5 - April 1
Wednesdays | 4:00 – 4:45 PM
CRWC MP 1 | \$45

POWERLIFTING 101

February 10 - March 25
Mondays & Wednesdays | 4:00 – 4:45 PM
TBD | \$75

REC RUNNING

March 16 - April 2
Mondays & Wednesdays | 4:00 – 4:45 PM
TBD | \$55

REGISTER AT MYREC.UH.EDU

CERTIFICATION COURSES

NETA GROUP FITNESS INSTRUCTOR

February 28 | 8:00 AM – 5:00PM
University of Houston Clear Lake | \$299

REGISTER AT MYREC.UH.EDU

FITNESS INSTRUCTOR AUDITION

AUDITION

Friday | February 28 | 3:00 - 5:00 PM | MP4
Friday | April 17 | 3:00 - 5:00 PM | MP1

REGISTER AT MYREC.UH.EDU

PERSONAL TRAINING

Our trainers will work with you to develop an exercise or activity program based on your fitness goals and will closely supervise your progress. To book a trainer that is right for you, complete and submit the form found on our website: uh.edu/recreation. Your trainer will contact you within 3 business days to set up your initial consultation and fitness assessment.

PERSONAL TRAINING SESSIONS	COST
Fitness Assessment	\$20
4 Session Individual Package	\$125
8 Session Individual Package	\$215
12 Session Individual Package	\$300
16 Session Individual Package	\$400
20 Session Individual Package	\$500

4 Session Group Package	\$190
8 Session Group Package	\$300
12 Session Group Package	\$410

PT ON DUTY

Get your Health and Fitness questions answered by our personal trainers, fitness zone orientations, weekly training focus, and free assesments at the fitness zone.

MONDAYS - WEDNESDAY

4:00–7:00PM

COST

FREE

NUTRITION CONSULTATION

You have access to the following services:

- One-On-One Nutrition Counseling
- Food Allergy Counseling

Single Consultation | \$25

Single & Follow Up Consultation | \$40