

GROUP FITNESS

CLASSES

Monday	Tuesday	Wednesday	Thursday	Weekend
Mat Pilates 8-8:45 am Chloe MP4	Vinyasa Yoga 8-8:45 am Tina MP4	Mat Pilates 8-8:45 am Chloe MP4	Vinyasa Yoga 8-8:45 am Tina MP4	Rhythm Ride Saturday 10:15-11 am Jordan MP6
Bootcamp 9-9:45 am Esther RZ	Kettlebell Circuit 4-4:45 pm Jordan RZ	Bootcamp 9-9:45 am Esther RZ	Kettlebell Circuit 4-4:45 pm Jordan RZ	Rhythm Ride Sunday 4:30-5:15 pm Jordan MP6
Mat Pilates 12-12:45 pm Marianna MP4	Glute Gains 5-5:45 pm Marianna MP1	Mat Pilates 12-12:45 pm Marianna MP4	Glute Gains 5-5:45 pm Marianna MP1	
Total Body 4-4:45 pm Adrian MP1	Mat Pilates 5-5:45 pm Alycia MP4	Total Body 4-4:45 pm Adrian MP1	Mat Pilates 5-5:45 pm Alycia MP4	
Glute Gains 5-5:45 pm Anusha MP1	Cycle 30 5:15-5:45 pm Sophie MP6	Glute Gains 5-5:45 pm Anusha MP1	Cycle 30 5:15-5:45 pm Sophie MP6	
Interval Training 5-5:45 pm Oscar RZ	Kettlebell Circuit 7-7:45 pm Adrian RZ	Interval Training 5-5:45 pm Oscar RZ	Kettlebell Circuit 7-7:45 pm Adrian RZ	
Mat Pilates 6-6:45 pm Mackenze MP4	Sculpt & Cycle 7-7:45 pm Autumn MP6	Mat Pilates 6-6:45 pm Mackenze MP4	Sculpt & Cycle 7-7:45 pm Autumn MP6	
Power Yoga 8-8:45 pm Tina MP4		Power Yoga 8-8:45 pm Tina MP4		

RZ = Red Zone

Looking for a quick burn? Join us for our full-body workouts at **Athletic Conditioning, Bootcamp, Glute Gains, Interval Training, Kettlebell Circuit, and Total Body** classes!

Looking for cycling classes? Join us for our choreographed workouts at **Rhythm Ride** or timed at **Cycle 30 and Sculpt and Cycle** classes. All set to an energetic playlist that will keep you motivated!

Looking to relax? Join us for **Hatha Yoga, Power Yoga, Vinyasa Yoga, and Mat Pilates**. Create a harmonious connection between your mind, body and spirit!



Campus Recreation
Division of Student Affairs



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