<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Yoga</strong></td>
<td><strong>Cycle 30</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Cycle 30</strong></td>
<td><strong>Yoga</strong></td>
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<tr>
<td>7:00–7:45 am</td>
<td>12:00–12:30 pm</td>
<td>7:00–7:45 am</td>
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<td>11:00–11:45 am</td>
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<tr>
<td>Katelyn</td>
<td>Daniella</td>
<td>Katelyn</td>
<td>Daniella</td>
<td>Miranda</td>
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<tr>
<td><strong>Yoga Flow</strong></td>
<td><strong>Core Yoga</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Mid Day Energizer</strong></td>
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<td>12:30–1:15 pm</td>
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<td>Cara</td>
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<td>Miranda</td>
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<tr>
<td><strong>Step-45</strong></td>
<td><strong>Circuit 45</strong></td>
<td><strong>Lower Body Pump</strong></td>
<td><strong>Unwind</strong></td>
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<td>5:00–5:45 pm</td>
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<tr>
<td>Rachel</td>
<td>Scott</td>
<td>Dani</td>
<td>Miranda</td>
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<tr>
<td><strong>Cycle 30</strong></td>
<td><strong>Yoga for ALL</strong></td>
<td><strong>Step 45</strong></td>
<td><strong>Cardio Dance</strong></td>
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<td>5:30–6:00 pm</td>
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<tr>
<td>Eve</td>
<td>Kristin</td>
<td>Rachel</td>
<td>Myles</td>
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<tr>
<td><strong>Yoga</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Cycle 30</strong></td>
<td><strong>Hip-Hop Choreo</strong></td>
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<td>Nyaneve</td>
<td>Rae</td>
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<td><strong>Fit Camp</strong></td>
<td><strong>Hip Hop Choreo</strong></td>
<td><strong>Core Power</strong></td>
<td><strong>All</strong></td>
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<td>Rodrigo</td>
<td>Heber</td>
<td>Dani</td>
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<td><strong>Zumba</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Fit Camp</strong></td>
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<td>Nyaneve</td>
<td>Rodrigo</td>
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**Group Fitness Check In**

Attending Group Fitness is ABSOLUTELY FREE! Bring your Cougar Card to every class. Space in class is limited, Reserve your spot in class up to 24 hours prior to the start of class so you don’t have to arrive early.

**KEY**

- **MP1** Multi Purpose 1
- **MP3** Multi Purpose 3
- **MP4** Multi Purpose 4
- **CS** Cycling Studio
- **S** Stretching Area

**Strengthening The Pride**

@uhrecreation
#UHFIT #UHREC
Fall 2021 | October 1 – December 3

**GROUP FITNESS CLASSES**

**Cardio Dance**
Choreographed dance moves are combined with musical rhythms to create a dynamic workout that is designed to be fun and upbeat. Moving to the music allows your mind to relax while your body is in constant motion.

**Circuit 45**
Functional, high-intensity, and interval training are combined to help you get to the next level in your fitness journey!

**Core Power**
Strengthen and sculpt your core muscles in this hardcore ab workout. This class is great by itself or in addition to another workout.

**Core Yoga**
Put a twist on your average ab-day with this intense and strenuous class. Balance and posture will be used to improve core strength through mind and body connections.

**Cycle 30**
Engage your whole body while you pedal to the beat of popular hits. Cycling will build muscle strength and help boost your cardiovascular endurance.

**Fit Camp**
Looking for a challenge? Fit camp is the place for you! This class provides a full body workout using strength based equipment and bodyweight movements.

**Hip-Hop Choro**
Add some rhythm to your day with some dance and hip hop choreography.

**Lower Body Pump**
This class will strengthen your quads, thighs, and glutes and help you leave with the ultimate pump.

**Mid-day Energizer**
Energize yourself by moving your body and stretching to overcome the afternoon slump.

**Step 45**
Cardio takes a whole new look while you sweat the stress away at our Step 45 class. Fast movements and high energy will help you build stamina while toning your body from the bottom up.

**Unwind**
Long day of classes? Work your muscles with a gentle workout filled with different types of stretching. Be prepared to improve flexibility and range of motion.

**Yoga**
Breathing and meditation have never felt better, through this class participants will combine the pair with posture to center the mind. This practice is beneficial for reducing stress and anxiety as well as building strength and flexibility.

**Yoga for ALL**
We will focus on building strength, flexibility, and space within the body and the mind. Take a pause within this class to reflect, move, and breathe to find a deeper connection to yourself.

**Pilates Flow**
This class provides a blend of traditional mat Pilates movements mixed with low-intensity cardio to challenge the mind and body. We incorporate yoga inspired movements while focusing on breathing techniques to help increase flexibility and range of motion.

**Zumba**
Spice up your workout to the rhythms of today's hits. Transform your routine and exhilarate your body with this dance-filled class!

**Small Group Training**

**Women on Weights**
Learn proper weight-lifting etiquette, technique, and routine. The goals are to assist women in improving posture, increasing strength, and optimizing body composition. Sign up, space is limited at myrec.uh.edu

October 4 - October 27, 2021

Days: Mondays and Wednesdays
Time: 5:00 – 6:00 pm
Location: MP6 (Multi Purpose room 6)
Cost: $54

**Personal Training**
Improve your fitness without entering the CRWC by working with a trainer one-on-one in a virtual environment. Limited access to a fitness facility increases the need for guidance from a certified fitness professional. We conduct exercise sessions via your choice of live video platform and teach you to use what you have available to reach your personalized fitness goals.

Pricing and more information at [https://uh.edu/recreation/fitness/personal-training/](https://uh.edu/recreation/fitness/personal-training/)

**Nutrition Consultation**
Our Nutrition program provides the UH campus with nutrition information covering a variety of topics. Our goal is to assist students, faculty, and staff with their personal nutrition as well as provide education to the campus community.

Single consultation - $25
Single and follow up consultation - $40