



# UCHealth Medical Fitness Group Exercise Schedule March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CycleFIT</b> 5:05-6:05 April	<b>B.G.L.</b> 6:30-7:15 Mira	<b>CycleFIT</b> 5:05-6:05 April	<b>SwimFIT</b> 5:30-6:30 Haley	<b>CoreFIT</b> 7:30-7:45 Rotating Instructor	<b>CycleFIT</b> 7:30-8:30 Rotating Instructor
<b>CoreFIT</b> 7:30-7:45 Rotating Instructor	<b>CoreFIT</b> 7:30-7:45 Rotating Instructor	<b>CoreFIT</b> 7:30-7:45 Rotating Instructor	<b>B.G.L.</b> 6:30-7:15 Amber	<b>Fitness Yoga</b> 8:10-9:10 Jodi	<b>SculptFIT</b> 8:40-9:40 Teckla
<b>StepFIT</b> 8:10-9:10 Jodi	<b>Pilates Mat</b> 8:10-9:10 Yvonne	<b>Gentle Yoga</b> 8:10-9:10 Beth	<b>CoreFIT</b> 7:30-7:45 Rotating Instructor	<b>Zumba® Strength</b> 9:20-10:20 Erica	<b>Yoga Flow 1</b> 9:50-10:50 Rotating Instructor
★ <b>AquaFIT</b> 9:00-10:00 Lauren	★ <b>AquaFIT</b> 9:00-10:00 Jodi	<b>Zumba® Lite</b> 9:20-10:05 Erica	<b>Pilates Mat</b> 8:10-9:10 Yvonne	<b>Aqua Wave</b> 10:30-11:30 Lauren	
★ <b>Zumba®</b> 9:20-10:20 Erica	<b>CycleFIT</b> 9:20-10:20 April	<b>Mighty Body</b> 12:00-12:45 Audra	★ <b>AquaFIT</b> 9:00-10:00 Audra	<b>Tai Chi</b> 10:30-11:30 Beth	
<b>Tai Chi</b> 10:30-11:30 Beth	★ <b>Rumble®</b> 10:30-11:30 Jodi	<b>Ai Chi</b> 2:00-2:45 Lauryn	<b>CycleFIT</b> 9:20-10:20 Jodi	<b>Mighty Body</b> 12:00-12:45 Audra	
<b>Mighty Body</b> 12:00-12:45 Audra	<b>Aqua Wave</b> 10:30-11:30 Mira	<b>CoreFIT</b> 5:00-5:15 Rotating Instructor	<b>R.I.P.P.E.D.®</b> 10:30-11:30 Jodi	<b>Ai Chi</b> 2:00-2:45 Shelby	
<b>Ai Chi</b> 2:00-2:45 Lauryn	<b>Strength &amp; Balance</b> 2:00-2:45 Laura	<b>C.S.I.</b> 5:30-6:30 Becca	<b>Aqua Wave</b> 12:30-1:30 Shelby	<b>CoreFIT</b> 5:00-5:15 Rotating Instructor	
<b>CoreFIT</b> 5:00-5:15 Rotating Instructor	<b>CoreFIT</b> 5:00-5:15 Rotating Instructor	<b>Tread &amp; Shred</b> 6:30-7:20 Celeste	<b>Strength &amp; Balance</b> 2:00-2:45 Laura		
<b>P90X</b> 5:30-6:30 Becca	<b>SculptFIT</b> 5:30-6:30 Teckla		<b>CoreFIT</b> 5:00-5:15 Rotating Instructor		
<b>Yoga Flow 2</b> 6:40-7:40 Erin	<b>SwimFIT</b> 6:30-7:30 Haley		<b>CircuitFIT</b> 5:30-6:30 Cricket		
	<b>Gentle Yoga</b> 6:40-7:40 Beth		<b>Yoga Flow 1 (PS)</b> 5:30-6:30 Erin		
			<b>CycleFIT</b> 6:40-7:40 Celeste		

## Class Type

Mind & Body

Cardio

Strength

Aquatics

Low Impact

Core Specific

PS - Class located in Pilates Studio

★ Indicates classes appropriate for youth certified children ages 9+



# UCHealth Medical Fitness Class Descriptions

**Ai Chi:** A form of aquatic exercise designed to improve balance while also promoting relaxation and a healthy mind-body connection.

**AquaFIT:** Take advantage of the natural resistance and buoyancy of the water in this aerobics class which incorporates cardiovascular conditioning and toning, leaving you feeling rejuvenated and refreshed.

**Aqua Wave:** This low-level aerobics class takes place in the warm water therapy pool. It incorporates cardiovascular conditioning, resistance training and balance work into one fun workout session.

**BGL (Buns-Guns-Lungs):** Get pumped to exercise with this fast paced circuit training class that challenges aerobic capacity, muscular strength, muscular endurance and flexibility. Designed as a high-intensity class to help you reach your goals and enhance your sports performance. All fitness levels welcome.

**CircuitFIT:** This bootcamp style class will challenge your aerobic capacity, build strength and improve muscle endurance in a fast paced and fun environment. All fitness levels welcome.

**CoreFIT:** A quick 15 minute workout to challenge your core: abs, low back, obliques and glutes.

**CSI (Cardio-Strength-Interval):** Torch calories and improve your overall conditioning through cardio and strength interval training also known as HIIT. Come ready for something new each week. All fitness levels welcome.

**CycleFIT:** A new spin on the traditional cycle class, ride to the beat to improve your aerobic capacity with intense sprints and steep hills while also challenging your core and upper body with handlebar pushups, leans, jumps and more! All fitness levels welcome.

**Fitness Yoga:** Fitness Yoga overcomes the mystery of yoga by demonstrating practical, user-friendly variations and progressions for all poses making it doable by individuals at any fitness level. This mind-body experience blends balance, strength, flexibility and power in a fitness format.

**Gentle Yoga:** Improve your flexibility and achieve ultimate relaxation with this low-intensity yoga class.

**Mighty Body:** Join in on this mid-day workout that targets the upper body, lower body and core in a quick 45 minutes. With primary focus on building and toning strong, lean muscles, this class incorporates a variety of resistance training exercises guaranteed to spice up your weight lifting routine. All fitness levels welcome.

**P90X:** Bust through your plateaus with this high-intensity class. P90X is known for achieving serious results. This fun, team setting incorporates a variety of full-body strength training, cardio drills and core work.

**R.I.P.P.E.D.®:** This total body, high-intensity workout masterfully combines Resistance, Interval, Power, Plyometrics and endurance training. If you are looking to lose

pounds and inches, increase your metabolism, sculpt lean muscles and improve cardiovascular performance, this is the class for you.

**Rumble®:** Kick, punch, elbow and knee strike your stress away while burning loads of calories! Rumble is a pre-choreographed cardio mixed martial arts based class. The choreography is simple, limited to two or three basic moves in a combo to prevent choreography overload. All fitness levels welcome.

**Pilates Mat:** Create a longer, leaner body through a precise series of movements. Each exercise focuses on breathing, form and execution. Concentration is placed on your core to create strength and flow throughout the routine.

**SculptFIT:** Strengthen, tighten and tone with this all-inclusive muscle mix designed to keep your body balanced and strong by incorporating resistance exercises and bursts of short cardio movements.

**StepFIT:** This back to basics step class incorporates light resistance work with bands and hand weights with low-impact and riser options. All fitness levels welcome; no prior experience necessary.

**Strength & Balance:** This low-intensity class focuses on safety and proper technique to help anyone looking to improve their overall strength and balance in a fun and supportive environment.

**SwimFIT:** Designed for adult swimmers who want to improve their swimming fitness, are training for an event or enjoy the motivation and company of swimming with others.

**Tai Chi:** This ancient Chinese practice incorporates fluid, gentle, low-impact movements. It is often referred to as "meditation in motion."

**Tread & Shred:** Walk, jog or run your way to stellar fitness with this energizing treadmill class. Held on our 2nd floor treadmills, this class incorporates light weights with creative treadmill workouts to give you the ultimate cardio experience. All fitness levels welcome. First come, first served.

**Yoga Flow 1 & 2:** This Yoga class connects breath and posture to create a flow. Deepen your yoga practice while building strength, improving balance and elongating muscles to increase endurance and flexibility. Yoga Flow 1 designed more for beginners, Yoga Flow 2 for those looking for a more advanced practice.

**Zumba®:** A Latin inspired, easy to follow, calorie burning dance fitness party. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**Zumba® Lite:** A 45 minute, low-impact version of the traditional Zumba class. Enjoy all the great, Latin inspired music at a little slower pace that is easier on the joints.

**Zumba® Strength:** This class combines the dance fun of Zumba with strength exercises that will tone your muscles and get you burning for a lasting, feel-good workout!