



# UCHealth Medical Fitness Group Exercise Schedule February 2019

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>Stretch &amp; Roll</b> 7:25-7:45 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>B.G.L.</b> 8:40-9:40 Teckla
<b>StepFIT</b> 8:10-9:10 Jodi	<b>Core &amp; Stretch</b> 8:10-9:10 April	<b>B.G.L.</b> 8:10-9:00 Jacque	<b>Stretch &amp; Roll</b> 7:25-7:45 Rotating Instructor	★ <b>AquaFIT</b> 9:00-10:00 Audra	<b>Yoga Flow 1</b> 9:50-10:50 Georgina
★ <b>AquaFIT</b> 9:00-10:00 Lauren	★ <b>AquaFIT</b> 9:00-10:00 Jodi	<b>Zumba® Lite</b> 9:20-10:05 Rotating Instructor	<b>Barre</b> 8:10-9:10 Kelli	<b>Zumba® Strength</b> 9:20-10:20 Erica	
★ <b>Zumba®</b> 9:20-10:20 Erica	<b>CycleFIT</b> 9:20-10:20 April	<b>Gentle Yoga</b> 10:15-11:15 Rotating Instructor	★ <b>AquaFIT</b> 9:00-10:00 Audra	<b>Aqua Wave</b> 10:30-11:30 Lauren	
<b>Mighty Body</b> 12:00-12:45 Audra	<b>Aqua Wave</b> 10:30-11:30 Mira	<b>Mighty Body</b> 12:00-12:45 Audra	<b>CycleFIT</b> 9:20-10:20 Jodi	<b>Mighty Body</b> 12:00-12:45 Audra	
<b>Ai Chi</b> 2:00-2:45 Shelby	<b>Strength &amp; Balance</b> 2:00-2:45 Kelli	<b>Ai Chi</b> 2:00-2:45 Kelli	<b>R.I.P.P.E.D.®</b> 10:30-11:30 Jodi	<b>Ai Chi</b> 2:00-2:45 Shelby	<b>Class Type</b>
<b>Stretch &amp; Roll</b> 5:00-5:20 Rotating Instructor	<b>CoreFIT</b> 5:00-5:15 Rotating Instructor	<b>Stretch &amp; Roll</b> 5:00-5:20 Rotating Instructor	<b>Aqua Wave</b> 12:30-1:30 Shelby		<b>Mind &amp; Body</b>
<b>P90X</b> 5:30-6:30 Becca	<b>B.G.L.</b> 5:30-6:30 Teckla	<b>KickBox Cardio</b> 5:30-6:30 Becca	<b>Strength &amp; Balance</b> 2:00-2:45 Shelby		<b>Aquatics</b>
<b>Yoga Flow 2</b> 6:40-7:40 Georgina	<b>SwimFIT</b> 6:30-7:30 Haley	<b>Yoga Flow 1 (PS)</b> 5:45-6:45 Erin	<b>CoreFIT</b> 5:00-5:15 Rotating Instructor		<b>Strength</b>
	<b>Gentle Yoga</b> 6:40-7:40 Georgina	<b>Tread &amp; Shred</b> 6:30-7:20 Celeste	<b>CircuitFIT</b> 5:30-6:30 Celeste		<b>Cardio/Strength</b>
					<b>Cardio</b>
					<b>Core Specific</b>
					<b>Low Impact</b>

PS - Class located in Pilates Studio

Youth certified children 13+ are able to attend all group exercise classes

★ 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 and flexibility, 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.

**Barre:** Create a longer, leaner body with this combination of Yoga, Pilates and dance practices. With a focus on balance, toning and alignment this class provides a full body workout at a low intensity pace. Give it a try! No prior experience necessary.

**BGL (Buns-Guns-Lungs):** Challenge aerobic capacity, muscular strength and endurance in this cardio and strength combo class. It is a fast paced HIIT style workout to help you blast through plateaus and improve overall conditioning. All fitness levels welcome.

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

**Core & Stretch:** Whether you are an athlete or just looking to keep up with your active hobbies, having a strong core and flexible muscles keeps you moving safely. In this class build core strength through a variety of exercises and enjoy a full body stretch to keep you going!

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

**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 with weights or bands 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.

**KickBox Cardio:** Burn a ton of calories in this fun and challenging class that combines martial art techniques and fast paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina and lean muscle while improving coordination and flexibility.

**Mighty Body:** Join in on this mid-day workout that targets the upper body, lower body and core. 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.

**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.

**Stretch & Roll:** Stretching and foam rolling are important components of an exercise routine and injury prevention. Take time to stretch and recover in this quick 20 minute class. Every class will use a variety of stretching aids including bands, straps, blocks and/or foam rollers.

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

**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.