



GROUP EXERCISE


FALL 2019


AUGUST 25-DECEMBER 13


MONDAY


SLOW FLOW YOGA
11:30AM-12:30PM
ROOM B 


FREE STEP EXPRESS
12:15PM-12:45PM
ROOM A 



FREE HARD CORE
12:50PM-1:00PM
ROOM A 


VINYASA FLOW YOGA
5:30PM-6:30PM
ROOM B 

HIIT
5:30PM-6:15PM
ROOM A 


FREE ROLL & RECOVER
6:20PM-6:30PM
ROOM A 


ZUMBA
6:45PM-7:45PM
ROOM A 


THEMED CYCLE
6:45PM-7:30PM
ROOM B  



YIN YOGA
8:00PM-9:00PM
ROOM B 


TUESDAY


VINYASA FLOW YOGA
11:30AM-12:30PM
ROOM B 


FREE SWEATSHOP
12:15PM-12:45PM
ROOM A 


FREE ROLL & RECOVER
12:50PM-1:00PM
ROOM A 


SWIM STRONG
5:30PM-6:30PM
LAP POOL  

CYCLE
5:30PM-6:30PM
ROOM B 


SHRED
5:30PM-6:15PM
ROOM A 


FREE HARD CORE
6:20PM-6:30PM
ROOM A 


ZUMBA
6:45PM-7:45PM
ROOM B 


PILATES
8:00PM-9:00PM
ROOM B 


WEDNESDAY


SLOW FLOW YOGA
11:30AM-12:30PM
ROOM A 


FREE CYCLE EXPRESS
12:15PM-12:45PM
ROOM B 


FREE HARD CORE
12:50PM-1:00PM
ROOM B 


ZUMBA
5:30PM-6:30PM
ROOM B 

HIIT
5:30PM-6:15PM
ROOM A 


FREE ROLL & RECOVER
6:20PM-6:30PM
ROOM A 


DANCE CHOREO
6:45PM-7:45PM
ROOM A 


VINYASA FLOW YOGA
6:45PM-7:45PM
ROOM B 



YIN YOGA
8:00PM-9:00PM
ROOM B 


THURSDAY


PILATES
11:30AM-12:30PM
ROOM B 


FREE SWEATSHOP
12:15PM-12:45PM
ROOM A 


FREE ROLL & RECOVER
12:50PM-1:00PM
ROOM A 

SWIM STRONG
5:30PM-6:30PM
LAP POOL  


STRENGTH CIRCUIT
5:30PM-6:30PM
ROOM A 


CORE FLOW YOGA
5:30PM-6:30PM
ROOM B 


HIIT BOXING
6:45PM-7:45PM
ROOM B 


DANCE FITNESS
8:00PM-9:00PM
ROOM B 

FRIDAY


VINYASA FLOW YOGA
11:30AM-12:30PM
ROOM B 


FREE STEP EXPRESS
12:15PM-12:45PM
ROOM A 

FREE HARD CORE
12:50PM-1:00PM
ROOM A 


ZUMBA
5:30PM-6:30PM
ROOM A 

SATURDAY

DANCE FITNESS
10:30AM-11:30AM
ROOM A 

CYCLE
11:45AM-12:45PM
ROOM B 

SUNDAY

INSANITY
5:30PM-6:15PM
ROOM A 

SCHEDULE ICONS

 MIND & BODY
  STRENGTH
  CARDIO
  STRENGTH & CARDIO
  MODERATE TO ADVANCED
  EXPLICIT LYRICS

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GROUP EXERCISE

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CLASS DESCRIPTIONS

CARDIO

CYCLE/CYCLE EXPRESS

A high intensity, low impact stationary cycle class with cardio challenges by varying speed and resistance.

DANCE CHOREO

This dance class will focus on breaking down and learning the choreography to a new song each week.

DANCE FITNESS

A pre-choreographed dance class full of diverse music and genres. No dance experience required!

STEP EXPRESS

This class uses adjustable steps and choreography to provide a great cardio workout.

SWIM STRONG

A high intensity lap-swim class that offers a cardio endurance workout while providing guidance on swim technique and stroke performance.

Please note: Intended for moderate to advanced swimmers; NOT a learn to swim class. Goggles strongly recommended.

THEMED CYCLE

A high-intensity cycle class with a new, themed playlist each week. Follow us on Instagram [@untfitness](#) for class themes.

Please note: This class will use UNCENSORED music, some of which could contain explicit lyrics.

ZUMBA

This class features rhythms set to high-energy Latin and international beats to really get your energy levels soaring!

STRENGTH & CARDIO

HIIT

High intensity interval training focused on short, intense activity bursts followed by brief recovery periods.

HITT BOXING

A mixed martial arts-inspired, total body workout using core conditioning combinations, bodyweight moves, and cardio spikes.

INSANITY

A high energy workout packed with bodyweight strength moves, cardio drills, and plyometrics targeting your entire body.

SWEATSHOP

A non-stop, powerhouse workout alternating between strength training exercises and high intensity cardio intervals.

MIND & BODY

YOGA

Classes combine poses and stretches to create a mind and body connection. Mats are provided but feel free to bring your own.

CORE FLOW YOGA

Intermediate guided flows at a moderate pace with moves focused on the core muscles.

SLOW FLOW YOGA

Beginner guided flows at a slower pace.

VINYASA FLOW YOGA

Intermediate guided flows at an accelerated pace.

YIN YOGA

Intermediate guided class where poses are held longer.

PILATES

Mat-work based class focusing on core integration, body control, and proper alignment.

ROLL & RECOVER

Foam rolling and stretching techniques that release muscle tension, lengthen fascia, and improve flexibility.

STRENGTH

SHRED

A strength training class combining various weight loads with simple movements to strengthen the entire body.

HARD CORE

This class incorporates exercises targeting your glutes, abdominals, obliques, and back to help build a stronger core.

STRENGTH CIRCUIT

An all strength, no cardio workout that uses timed intervals to strengthen all muscles with dumbbells, gliders, stability balls, and other equipment.

GROUP EX PASSES

SEMESTER UNLIMITED PASS	\$25
SINGLE CLASS	\$5

Group Exercise passes are valid
September 1 through December 7.