

GROUP FITNESS CLASS SCHEDULE

Spring Block 1- Sunday, January 27 - Friday, March 15

FREE for all UWSP students. Must bring UWSP-issued photo ID.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Morning Mindfulness 6:30-7:15am Jessycah		Morning Mindfulness 7:45-8:30am Jessycah	Butts 'n' Guts 7-8am Hannah
HIIT 5-5:45pm Hannah	Power Yoga 5-6pm Hope	Butts 'n' Guts 4:45-5:45pm Bridgette	Boot Camp 5-6pm Dani	Core Power 5-5:30pm Bridgette	
Vinyasa Yoga 8-9pm Jessycah	Cycling 6:30-7:30pm Aubrey	HIIT 8:15-9pm Jake	Zumba 6:30-7:30pm Lauren	Speed Cycle 6-6:45pm Hope	
	Core Power 8-8:30pm Dani			Yoga 8-9pm Jake	

Cycling classes will be held in the Cycling Studio, Room 36, in the Champions Hall building, formerly Health Enhancement Center. All other classes will be in Champions Hall Room 154.

All fitness levels are welcome!



: UWSP Health and Fitness



University Centers
University of Wisconsin-Stevens Point
Fitness and Recreation Programs

CARDIO/STRENGTH CLASSES:

Boot Camp (60 minutes, 25 participants)

A full body, interval training workout — bursts of intense activity, alternating with light activity. Get ready to sweat!

HIIT (High Intensity Interval Training) (45 minutes, 24 participants)

This fun and fast paced class will get you moving with bursts of cardiovascular activities and resistance exercises followed by short/active recovery periods.

Cycling (45/60 minutes, 25 participants)

An excellent lower-body and cardiovascular workout using a self-selected amount of resistance. This workout will take you through various movements; hill climbs, flat roads, and sprints that mimic an outdoor ride.

Speed Cycle (30 minutes, 25 participants)

Using HIIT principles, this class is targeted at building endurance and increasing metabolic heart rates. A perfect class for those who want a high calorie burn in a short time period!

CORE CLASSES:

Abs (30 minutes, 30 participants)

This class focuses on toning and strengthening your abdominal and oblique muscles with a variety of movements.

Core Power (30 minutes, 30 participants)

This class focuses on strengthening your abdominal and oblique muscles, as well as your entire core.

Butts 'n' Guts (60 minutes, 25 participants)

Intense core workout. Focuses on working the abs, glutes, legs and lower back using weights or your own body-weight.

SPECIALTY CLASSES:

Zumba® (60 minutes, 40 participants)

The Latin dance/hip-hop fusion class that is outrageously popular! Our nationally-certified Zumba® instructors take you through a series of short choreographed movements set to the latest Latin beats.

Morning Mindfulness (45/60 minutes, 30 participants)

This yoga class focuses on slow movements and pays special attention to areas of our bodies that we use the most such as the wrists, hands, feet, knees and neck. This is a slower paced class with long held passive poses doing wonders for joint health, flexibility, circulation, and mental focus. All are welcome!

Vinyasa-Yoga (45/60 minutes, 30 participants)

Vinyasa is a style of yoga that involves a flowing sequence of movement led by the breath. This class aims to restore the body by working to increase flexibility, balance, strength, and positive energy. This class welcomes everyone from beginners to advanced yogis!

Power Yoga (45/60 minutes, 30 participants)

This is a Vinyasa style of yoga that adds a little more intensity than a regular yoga class. Power yoga focuses on building muscular strength and endurance using a meditative approach.