# GROUP FITNESS SCHEDULE

**Fall 2018 August 27-December 8**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>SPINNERVAL</strong>&lt;br&gt;Molly&lt;br&gt;6:30-7:45a&lt;br&gt;Blue Studio</td>
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<td><strong>EXPRESS CYCLE</strong>&lt;br&gt;Grace&lt;br&gt;11-11:30a&lt;br&gt;Blue Studio</td>
<td><strong>SLOW FLOW YOGA</strong>&lt;br&gt;Trevin&lt;br&gt;11-11:50a&lt;br&gt;Blue Studio</td>
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<td><strong>SLOW FLOW YOGA</strong>&lt;br&gt;Trevin&lt;br&gt;11-11:50a&lt;br&gt;Blue Studio</td>
<td><strong>INSANE CYCLE</strong>&lt;br&gt;Jennifer&lt;br&gt;11:30a-12:45p&lt;br&gt;Blue Studio</td>
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<td><strong>STEP N TONE</strong>&lt;br&gt;Ruby&lt;br&gt;11:30a-12:15p&lt;br&gt;Green Studio</td>
<td><strong>BUNS N GUNS</strong>&lt;br&gt;Leah&lt;br&gt;12:15-1p&lt;br&gt;Blue Studio</td>
<td><strong>STEP N TONE</strong>&lt;br&gt;Ruby&lt;br&gt;11:30a-12:15p&lt;br&gt;Green Studio</td>
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<td><strong>YOGA</strong>&lt;br&gt;Adam&lt;br&gt;noon-12:45p&lt;br&gt;Blue Studio</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Leonie&lt;br&gt;12:30-1:30p&lt;br&gt;Green Studio</td>
<td><strong>MEDITATION MEET-UP</strong>&lt;br&gt;Brady&lt;br&gt;12:15-12:45p&lt;br&gt;Blue Studio</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Leonie&lt;br&gt;12:30-1:30p&lt;br&gt;Green Studio</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Leonie&lt;br&gt;12:30-1:30p&lt;br&gt;Green Studio</td>
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<td><strong>SMASH</strong>&lt;br&gt;Chris&lt;br&gt;12:15-12:45p&lt;br&gt;Pedagogy</td>
<td><strong>KICKBOXING</strong>&lt;br&gt;Grace&lt;br&gt;4-4:45p&lt;br&gt;Blue Studio</td>
<td><strong>AB ATTACK</strong>&lt;br&gt;Ruby&lt;br&gt;4:30-5p&lt;br&gt;Blue Studio</td>
<td><strong>KICKBOXING</strong>&lt;br&gt;Grace&lt;br&gt;4-4:45p&lt;br&gt;Blue Studio</td>
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<td><strong>POWER YOGA</strong>&lt;br&gt;Clare&lt;br&gt;5:30-6:30p&lt;br&gt;Blue Studio</td>
<td><strong>CORE CYCLE</strong>&lt;br&gt;Grace&lt;br&gt;5-6p&lt;br&gt;Blue Studio</td>
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<td><strong>CORE CYCLE</strong>&lt;br&gt;Grace&lt;br&gt;5-6p&lt;br&gt;Blue Studio</td>
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<td><strong>BOOTCAMP</strong>&lt;br&gt;Leah&lt;br&gt;5:30-6:30p&lt;br&gt;Pedagogy</td>
<td><strong>STRETCH 45</strong>&lt;br&gt;Molly&lt;br&gt;5-5:45p&lt;br&gt;Green Studio</td>
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<td><strong>ZUMBA</strong>&lt;br&gt;Lisa&lt;br&gt;6-7p&lt;br&gt;Green studio</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Vanessa&lt;br&gt;6:30-7:30p&lt;br&gt;Blue Studio</td>
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<td><strong>JIU-JITSU</strong>&lt;br&gt;Charlie&lt;br&gt;7-8p&lt;br&gt;Blue Studio</td>
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**NO CLASSES:**
- Sept. 3
- Nov. 12
- Nov. 21 after 7:00p
- Nov. 22-25

For the most current version of the group fitness schedule, visit uwf.edu/recreation.

Recreation reserves the right to alter or change class hours or class schedule at any time. In order to run classes, we require a minimum of two participants dressed on time. Please arrive to all classes 10 min before start time! Latecomers will be redirected to informal fitness rather than disrupt a class in session.

For more information, please contact Ruby Valdovinos at rvaldovinos@uwf.edu 850.474.2815, or talk with a group fitness instructor.
Ab Attack (level 1-3): Core core core! Join us in a 30 minutes class that focuses on your abdomen. This class offers innovative exercises designed to strengthen the abdominal, oblique, and lower back muscles. Let’s find that inner 6-pack!

Boot Camp (level 1-3): A fun-filled, high intensity class that incorporates weights and cardio. You will get the most out of this hour and meet new people who love fitness just like you.

Buns N Guns (level 1-3): A fun, high-energy body sculpting class meant for all levels of fitness. Be ready to squat, lunge and curl in this total body class that emphasizes glutes and biceps; perhaps the most intriguing of all muscle groups?

Core Cycle (level 1-3): A combination of spin, abs, and strength training giving you a total body workout that ensures you burn calories and build muscle every class. Simple, effective, and you control the intensity. It’s up to you to find and push your limits, so come to Core Cycle and show us what you got!

Express Cycle (level 1-3): Want to get in a quick workout? Then come to express cycle. This class will take you through a short cycle routine all on the bike.

Insane Cycle (level 2-3): This is a high intensity cycle class with guaranteed results. You’ll be challenged, burn a ton of calories, and have a great time.

Jiu-Jitsu (level 1-3): Keep safe, have fun, learn martial arts, and get in physical shape while staying within your comfort zone. Learn skills that will serve you a lifetime. Jui-Jitsu is great sport, which can be applied in everyday life.

Kickboxing (level 1-3): Learn a variety of kickboxing moves and combine them for a fantastic work out. You will learn proper form, have fun, and burn a ton of calories. Come check out kickboxing for a great sweat.

Meditation Meet-Up (level 1): Practice the art of meditation and learn to use meditation to manage stress. Previous studies have linked meditation to benefits such as improved attention, memory, processing speed, creativity, and more. Treat your mind and body in this class, a great way to welcome your weekend.

Power Yoga (level 2-3): A yoga practice that combines the balance, strength and flexibility of yoga with the benefit of a constant, slow-flowing movement. Benefits include strengthening and loosening of the muscles, balance and mental relief.

Slow Flow Yoga (level 1-3): Slow flow yoga is a class meant to cleanse your mind of any stressors and challenge your body. This class focuses on breathing and working through poses to improve mental processing, flexibility. End your week on a good note.

SMASH (level 1-3): A one of a kind stress relieving class that improves your overall well-being. Smash class incorporates circuit style training that will help you relieve stress after a long day and get a workout in at the same time.

Spinnerval (level 1-3): A fun, high-energy cycle/circuit class designed to encourage and challenge each participant to push themselves to the maximum and get their day off to a great start.

Step N Tone (level 1-3): Get ready for a cardio and strength, 2 in 1 combo! Half of the class will consist of using the step to incorporate large body movements, the other half consists of toning and building muscles.

Stretch 45 (level 1-3): This class is designed for all who want to relieve the day’s stress through a full-body stretch, increase flexibility and improve balance.

Yoga (level 1-3): “Health is wealth, peace of mind is happiness, yoga will show the way.” Cultivate concentration, experience a balanced workout, and enjoy proper relaxation. Open to all understandings of yoga practice, classes include logical sequencing mindfully taught for all attendees.

Zumba (level 1-3): Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international dance movements, creating a dynamic and effective fitness program. It’s a blast! It’s different! It’s easy! It’s effective!

Level 1: For those who are new to group fitness and/or exercise programs.

Level 2: For those who are familiar with group fitness and have some experience with other exercise programs.

Level 3: For those who are active in group fitness and are currently involved in an exercise program.

For more information, please contact Ruby Valdovinos at rvaldovinos@uwf.edu, 850.474.2815 or talk with a group fitness instructor.