


HOW TO


GROUP FITNESS CLASSES

PURCHASE AN UNLIMITED FITNESS MEMBERSHIP

1. Visit our on-line registration portal:
<https://recsports.uwlax.edu>
2. Log in using your net id
3. Select the membership icon 
4. Select Unlimited Group Fitness Membership
5. Add it to your cart and check out

SIGN UP FOR CLASSES

Online pre-registration is required for attendance each class.

1. Select the Group Fitness icon 
2. Select the course title icon of the class you are interested
3. Choose the classes day and time that works for your schedule
3. Add class to your cart

CANCEL YOUR CLASS

1. Login to our registration portal with your NetID
2. Select your user name in the upper right hand corner &
3. Select "profile" from the drop down menu
4. Select "programs" from the list on the left hand side
5. Select "cancel" next to the Group Fitness class which you wish to cancel
6. Cancellations may be made 7 days before a classes scheduled time and must be made no later than 10 minutes before a class begins.
7. Excessive no shows may result in loss of privileges

\$40 Unlimited Access

Staying healthy just got a little easier. Attend any class, any day, any time.

Students and REC Members are required to purchase a Group Fitness Membership to gain access to +45 classes a week.

Registration begins Friday, Aug. 31.

Classes officially kickoff on Sunday, Sept. 9, 2018.

Join us for **FREE WEEK** during the week of September 4. If you have any questions, please contact Nick Berg at nberg@uwlax.edu.

FALL18 GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:30 AM		Zumba & Core		Zumba® & Core		
7:45 AM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
12:05 PM	INSANITY®(35 min)	Flex & Stretch Flow	Tabata (35 min)	Flex & Stretch Flow	Cardio Sculpt Fusion	
12:10 PM					Cycle & Core	
2:15 PM	Cardio Kickbox		Cardio Kickbox			
3:30 PM	POUND®	BARRE Above	POUND	BARRE® Above		
4:30 PM	Power Yoga	Strong by ZUMBA®	Power Yoga	Strong by ZUMBA®		
5:00 PM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
5:30 PM	Beginning Yoga	Pilates	Beginning Yoga	Pilates		
6:00 PM	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core		
6:30 PM	Strength & Tone	INSANITY	Strength & Tone	INSANITY®		
7:30 PM	Zumba® & Core	Yoga & Abs	Zumba® & Core	Yoga & Abs		Ballet Core Fitness
8:30 PM	Yoga Flow	Restorative Yoga	Yoga Flow	Restorative Yoga		

Cycling classes = 45 minutes and meet in the REC Conditioning Room.
Other classes= 50 minutes unless noted otherwise