

SPRING 19 SCHEDULE

Only \$3.06 a week with an unlimited access pass
Over 45 classes per week to choose from
Live instructors for every class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Yoga		Yoga			
7:30 am		Zumba® & Core		Zumba® & Core			
7:45 am	Cycle & Core	Cycle & Core	Cycle & Core	Cycle & Core			
11:00 am						Bootcamp: Cardio, Strength and Core	
12:05 pm	INSANITY® (35 min)	Vinyasa Core Flow -Yoga	Tabata (35 min)	Vinyasa Core Flow-Yoga	Cardio Sculpt Fusion		
12:15 pm		Cycle Express (30 min)		Cycle Express (30 min)	Cycle & Core		
2:15 pm	Cardio Kickbox		Cardio Kickbox				
3:30 pm	POUND®	Precision Toning Legs, Guts, & Glutes	POUND®	Precision Toning Legs, Guts, & Glutes	HIIT Full Body Workout		
4:30 pm	Power Yoga	Bootcamp: Cardio & Strength	Power Yoga	Bootcamp: Cardio & Strength			
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	Zumba® & Core	Yoga Flow	Zumba® & Core			

Classes Begin

Monday
February 4

FREE WEEK

All Group
Fitness Classes
First Week
of School

Fitness Mania

Free medley
sample class
Thursday
January 31

WWW.UWLAX.EDU/RECSPORTS

