

Wildcat Recreation Center

Group Exercise Schedule & Class Descriptions

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday |
|----------|--|-----|--|-----|--|-----|--|-----|----------|
| 7:00 AM | Yoga 7:00 - 8:00am Sophie | 250 | Rhythmic Spin 7:15 - 8:00am Abigailgrace | 260 | Yoga 7:00 - 8:00am Sophie | 250 | Rhythmic Spin 7:15 - 8:00am Abigailgrace | 260 | |
| 8:00 AM | | | | | | | | | |
| 9:00 AM | | | | | | | | | |
| 10:00 AM | | | | | | | | | |
| 11:00 AM | | | | | | | | | |
| 12:00 PM | | | 30 Minute Spin 12:00 - 12:30pm Almarie | 260 | | | Rhythmic Spin 12:00 - 12:30pm Abigailgrace | 260 | |
| 12:30 PM | Yoga 12:30-1:30pm Shannon | 250 | | | Yoga 12:30-1:30pm Shannon | 250 | | | |
| 1:00 PM | | | | | | | | | |
| 2:00 PM | | | | | | | | | |
| 3:00 PM | | | | | | | | | |
| 4:00 PM | | | | | | | | | |
| 5:00 PM | Butts & Gutts 5:00 - 5:30pm Darniece | 250 | ABS 5:00 - 5:30pm Annie | 250 | Butts & Gutts 5:00 - 5:30pm Darniece | 250 | ABS 5:00 - 5:30pm Annie | 250 | |
| 5:30 PM | Fuego 5:30 - 6:30pm Anastasia | 240 | 30 Minute Spin 5:30 - 6:00pm Almarie | 260 | Fuego 5:30 - 6:30pm Anastasia | 240 | 30 Minute Spin 5:30 - 6:00pm Almarie | 260 | |
| | 30 Minute Spin 5:30 - 6:00pm Cara | 260 | Yoga 5:30 - 6:30pm Anastasia | 250 | 30 Minute Spin 5:30 - 6:00pm Cara | 260 | Yoga 5:30 - 6:30pm Anastasia | 250 | |
| 6:00 PM | Butts & Gutts 6:00 - 6:30pm Delaney | 250 | Interval Training 6:00 - 7:00pm Caitlin | 240 | Butts & Gutts 6:00 - 6:30pm Delaney | 250 | Interval Training 6:00 - 7:00pm Caitlin | 240 | |
| | Spin 6:00 - 6:45pm Hannah | 260 | 30 Minute Spin 6:00 - 6:30pm Brian | 260 | Spin 6:00 - 6:45pm Hannah | 260 | 30 Minute Spin 6:00 - 6:30pm Brian | 260 | Room 240 |
| 6:30 PM | Interval Training 6:30-7:30pm Emma | 240 | 30 Minute Spin 6:30 - 7:00pm Catherine | 260 | Interval Training 6:30-7:30pm Emma | 240 | 30 Minute Spin 6:30 - 7:00pm Catherine | 260 | Room 250 |
| | | | | | | | | | Room 260 |

**Fall Schedule
Starts
Aug 23!**



ABS: Focus on strengthening the core while utilizing various equipment.



BUTTS N' GUTTS: Uses a variety of lower body and core exercises to focus on strengthening the abdominals and glutes.



FUEGO: A non-stop dance mix of Latin and hip-hop. Shimmy, shake and sweat your way through an amazing workout.



H.I.I.T

INTERVAL TRAINING: This action packed class combines cardio and strength training intervals to increase speed, strength and endurance!



RHYTHMIC SPIN: Your fav spin class taught to the beat with arm and dance moves - it's a party on a bike!



SPIN/30 MINUTE SPIN: Enjoy riding to improve aerobic and muscular endurance. Squeeze a workout into your lunch break or between classes with 30 minute spin!



YOGA: Decrease stress levels using breathing techniques while performing a variety of poses to increase strength, flexibility and balance. All levels welcome!