

# GROUP FITNESS

## CLASSES

### Finals Week (12/2 - 12/10)

| Monday   | Tuesday   | Wednesday   | Thursday  |
|--|---|---|---|
| <b>Mat Pilates*</b><br>8-8:45 am<br>Chloe MP4                          | <b>Vinyasa Yoga</b><br>8-8:45 am<br>Tina MP4            | <b>Mat Pilates</b><br>8-8:45 am<br>Chloe MP4      | <b>Kettlebell Circuit</b><br>4-4:45 pm<br>Jordan RZ |
| <b>Bootcamp*</b><br>9-9:45 am<br>Esther RZ                             | <b>Kettlebell Circuit*</b><br>4-4:45 pm<br>Jordan RZ    | <b>Bootcamp</b><br>9-9:45 am<br>Esther RZ         | <b>Glute Gains</b><br>5-5:45 pm<br>Marianna MP1     |
| <b>Mat Pilates*</b><br>12-12:45 pm<br>Marianna MP4                     | <b>Glute Gains*</b><br>5-5:45 pm<br>Marianna MP1        | <b>Mat Pilates</b><br>12-12:45 pm<br>Marianna MP4 | <b>Mat Pilates</b><br>5-5:45 pm<br>Alycia MP4       |
| <b>Interval Training*</b><br>5-5:45 pm<br>Oscar RZ                     | <b>Mat Pilates*</b><br>5-5:45 pm<br>Alycia MP4          | <b>Total Body</b><br>4-4:45 pm<br>Adrian MP1      | <b>Cycle 30</b><br>5:15-5:45 pm<br>Sophie MP6       |
| <b>Mat Pilates</b> <small>12/9 only</small><br>6-6:45<br>Mackenzie MP4 | <b>Cycle 30*</b><br>5:15-5:45 pm<br>Sophie MP6          | <b>Interval Training</b><br>5-5:45 pm<br>Oscar RZ | <b>Kettlebell Circuit</b><br>7-7:45 pm<br>Jordan RZ |
|  | <b>Kettlebell Circuit*</b><br>7-7:45 pm<br>Mackenzie RZ | <b>Mat Pilates</b><br>6-6:45 pm<br>Mackenzie MP4  |   |
|  |   | <b>Power Yoga</b><br>8-8:45 pm<br>Tina MP4        |   |

MP - Multi-Purpose Room

RZ = Red Zone

\* classes both Monday and Tuesday

Looking for a quick burn? Join us for our full-body workouts at **Athletic Conditioning, Bootcamp, Glute Gains, Interval Training, Kettleball Circuit, and Total Body** classes!

Looking for cycling classes? Join us for our choreographed workouts at **Rhythm Ride** or timed at **Cycle 30 and Sculpt and Cycle** classes. All set to an energetic playlist that will keep you motivated!

Looking to relax? Join us for **Hatha Yoga, Power Yoga, Vinyasa Yoga, and Mat Pilates**. Create a harmonious connection between your mind, body and spirit!



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