

CAMPUS RECREATION CENTER

WELCOME WEEK GROUP FITNESS SCHEDULE

FALL 2024 | AUGUST 18 - AUGUST 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12PM Arms & Abs Kelly H. MPR B ●●	7:30AM Full Body Strength Hannah R. MPR B ●●	6:30AM Sunrise Cycle Express Finley Cycle Studio ●●	7AM Cycle Express Hannah T. Cycle Studio ●●	6:30AM Sunrise Cycle Express Katherine Cycle Studio ●●	7AM Cycle Hannah T. Cycle Studio ●●●	9AM Full Body Strength Hannah R. MPR B ●●
3PM Yoga Abi MPR A ●	8AM Cycle Express Hannah T. Cycle Studio ●●●	7AM Shallow Water Power Liam Leisure Pool ●●	7:30AM Pilates Elizabeth MPR B ●●	8AM Power Yoga Leah MPR B ●●	7:30AM Pilates Grace MPR B ●	9AM Cycle Ayana Cycle Studio ●●
	8AM Yoga Flow Ayana MPR A ●●	8AM Cycle Katherine Cycle Studio ●●	12PM HIIT & Core Hannah R. MPR A ●●	12PM Cycle Ayana Cycle Studio ●●●	8AM HIIT & Core Express Morgan MPR A ●●	10AM Yoga Ayana MPR A ●●
	12PM Cycle Express Izzy Cycle Studio ●●	8AM HIIT & Core Kelly H. MPR A ●●	3PM Cycle Express Maddi Cycle Studio ●●	5PM Cycle Finley Cycle Studio ●●	11:30AM Yoga Flow Cadence MPR B ●	
	4PM Barre Autumn MPR A ●	5PM Zumba Kelly MPR B ●●●	5PM Cycle Ayana Cycle Studio ●●●	5PM Zumba Kelly MPR A ●●	4PM Full Body Strength Ella MPR A ●●	
	6:30PM Zumba Lenecia MPR B ●●	5PM Cycle Finley Cycle Studio ●●●	5:30PM Power Yoga Leah MPR A ●●	5:30PM Power Yoga Maile MPR B ●●●	5:30PM Pilates Brian MPR B ●●	
	7:30PM Power Yoga Cadence MPR A ●●●	5:30PM Yoga Flow Maile MPR A ●●	6PM Pilates Grace MPR B ●●	6:30PM RIPPED Lenecia MPR A ●●●	5:30PM Cycle Izzy Cycle Studio ●●	
		7PM Cycle Katherine Cycle Studio ●●	6PM Aqua Beat Cardio Rose Leisure Pool ●●	7PM Cycle Katie B. Cycle Studio ●●		
		7PM Power Yoga Lydia MPR B ●●	6:30PM Full Body Strength Hannah S. MPR A ●●●	7PM Turn Up Dance Fitness Bianca MPR B ●●		
		7:30PM Pilates Elizabeth MPR A ●●	7PM Turn Up Dance Fitness Bianca MPR B ●●●	7:30PM Pilates Elizabeth MPR A ●●		
		8PM Cycle Katie B. Cycle Studio ●●	7:30PM Yoga Lydia MPR A ●●	8PM Yoga Flow Lydia MPR B ●●		

MPR A

MPR B


CYCLE STUDIO

The Yard

Pool

INTENSITY INDICATOR

- LIGHT
- MODERATE
- CHALLENGING

 = 30 minute class

REGISTER HERE



   @UCCampusRec
uc.edu/campusrec

CAMPUS RECREATION CENTER

WELCOME WEEK GROUP FITNESS SCHEDULE

FALL 2024 | AUGUST 18 - AUGUST 24

Monday	Tuesday	Wednesday	Thursday
5:30PM Pilates Brian CARE Fitness Center	5PM HIIT & Core Hannah S. CARE Fitness Center	7AM Cycle Katherine CARE Fitness Center	7:30AM Full Body Strength Kelly H. CARE Fitness Center
	6:30PM Cycle Ayana CARE Fitness Center	5PM Yoga Flow Cadence CARE Fitness Center	5:30PM HIIT & Core Ella CARE Fitness Center
		6PM Zumba Kelly CARE Fitness Center	

REGISTER HERE



INTENSITY INDICATOR

- LIGHT
- MODERATE
- CHALLENGING