

CAMPUS RECREATION CENTER

GROUP FITNESS SCHEDULE

FALL 2024 | AUGUST 25 - DECEMBER 7

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 Flow Cadence MPR A ●	8AM Cycle Express Hannah T. Cycle Studio ●●●	7AM Power Yoga Express Grace MPR A ●●	7:30AM Pilates Elizabeth MPR B ●●	7:30AM HIIT & Core Express Alex MPR A ●●	7:30AM Pilates Grace MPR B ●	9AM Cycle Ayana Cycle Studio ●●
5PM HIIT & Core Morgan MPR B ●●	8AM Yoga Flow Ayana MPR A ●●	7AM Shallow Water Power Liam Leisure Pool ●●	8AM Arms & Abs Kelly H. MPR A ●	8AM Power Yoga Leah MPR B ●●	8AM HIIT & Core Express Morgan MPR A ●●	10AM Yoga Ayana MPR A ●●
6PM Cycle Lindsey Cycle Studio ●●●	12PM Cycle Express Izzy Cycle Studio ●●	7:30AM Full Body Strength Maria MPR B ●●	12PM HIIT & Core Hannah R. MPR A ●●	12PM Cycle Ayana Cycle Studio ●●●	11:30AM Yoga Flow Cadence MPR B ●	
	4PM Barre Autumn MPR A ●	8AM Cycle Katherine Cycle Studio ●●	3PM Cycle Express Maddi Cycle Studio ●●	5PM Cycle Finley Cycle Studio ●●	12PM Cycle Lindsey Cycle Studio ●●	
	5PM Cycle Lizzy Cycle Studio ●●	8AM HIIT & Core Kelly H. MPR A ●●	5PM Cycle Ayana Cycle Studio ●●●	5PM Zumba Kelly K. MPR A ●●	4PM Full Body Strength Ella MPR A ●●	
	5:30PM Full Body Strength Morgan MPR A ●●	5PM Zumba Kelly K. MPR B ●●●	5:30PM Yard Work (1hr) Alex & Maria The Yard ●●	5:30PM Power Yoga Maile MPR B ●●●	5:30PM Pilates Brian MPR B ●●	
	6PM Cycle Lizzy Cycle Studio ●●	5PM Cycle Finley Cycle Studio ●●●	5:30PM Power Yoga Leah MPR A ●●	6:30PM RIPPED Lenecia MPR A ●●●	5:30PM Cycle Izzy Cycle Studio ●●	
	6:30PM Zumba Lenecia MPR B ●●	5:30PM Yoga Flow Maile MPR A ●●	6PM Pilates Grace MPR B ●●	7PM Cycle Katie B. Cycle Studio ●●		
	7PM Cycle Lindsey Cycle Studio ●●	6PM Cycle Cassidy Cycle Studio ●●	6PM Cycle Lindsey Cycle Studio ●●	7PM Turn Up Dance Fitness Bianca MPR B ●●		
	7:30PM Power Yoga Cadence MPR A ●●●	6PM HIIT & Core Morgan MPR B ●●	6PM Aqua Beat Cardio Rose Leisure Pool ●●	7:30PM Pilates Elizabeth MPR A ●●		
		7PM Cycle Katherine Cycle Studio ●●	6:30PM Full Body Strength Hannah S. MPR A ●●●	8PM Yoga Flow Lydia MPR B ●●		
		7PM Power Yoga Lydia MPR B ●●●	7PM Cycle Concert Series Rotating Cycle Studio ●●			
		7:30PM Pilates Elizabeth MPR A ●●	7PM Turn Up Dance Fitness Bianca MPR B ●●●			
		8PM Cycle Katie B. Cycle Studio ●●	7:30PM Yoga Lydia MPR A ●●			

MPR A

MPR B

CYCLE STUDIO

The Yard

Pool

INTENSITY INDICATOR

- LIGHT
- MODERATE
- CHALLENGING

 = 30 minute class

   @UCCampusRec
uc.edu/campusrec

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CYCLE STUDIO

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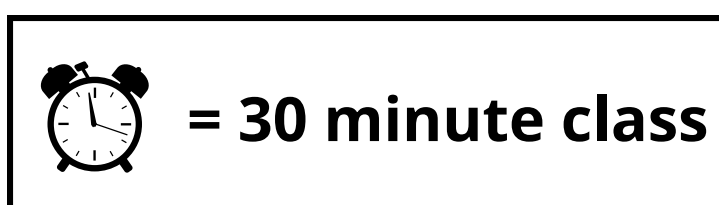
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6PM Cycle Lindsey Cycle Studio ●●●	8AM Cycle Express Hannah T. Cycle Studio ●● 	6:30AM Sunrise Cycle Express Finley Cycle Studio ●● 	7AM Cycle Express Hannah T. Cycle Studio ●● 	6:30AM Sunrise Cycle Express Katherine Cycle Studio ●● 	7AM Cycle Hannah T. Cycle Studio ●●●	9AM Cycle Ayana Cycle Studio ●●
	12PM Cycle Express Izzy Cycle Studio ●● 	8AM Cycle Katherine Cycle Studio ●●	3PM Cycle Express Maddi Cycle Studio ●●● 	12PM Cycle Ayana Cycle Studio ●●●	12PM Cycle Lindsey Cycle Studio ●●	
	5PM Cycle Lizzy Cycle Studio ●●	5PM Cycle Finley Cycle Studio	5PM Cycle Ayana Cycle Studio ●●	5PM Cycle Finley Cycle Studio ●●	5:30PM Cycle Izzy Cycle Studio ●●	
	6PM Cycle Lizzy Cycle Studio ●●	6PM Cycle Cassidy Cycle Studio ●●	6PM Cycle Lindsey Cycle Studio ●●	7PM Cycle Katie B. Cycle Studio ●●		
	7PM Cycle Lindsey Cycle Studio ●●	7PM Cycle Katherine Cycle Studio ●●	7PM Cycle Concert Series Rotating Cycle Studio ●●			
		8PM Cycle Katie B. Cycle Studio ●●				

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- LIGHT
- MODERATE
- CHALLENGING



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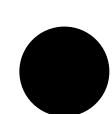
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Monday	Tuesday	Wednesday	Thursday
12PM Power Yoga Leah CARE Fitness Center	8AM Full Body Strength Alex CARE Fitness Center	7AM Cycle Katherine CARE Fitness Center	7:30AM Full Body Strength Kelly H. CARE Fitness Center
5:30PM Pilates Brian CARE Fitness Center	5PM HIIT & Core Hannah S. CARE Fitness Center	5PM Yoga Flow Cadence CARE Fitness Center	5:30PM HIIT & Core Ella CARE Fitness Center
	6:30PM Cycle Ayana CARE Fitness Center	6PM Zumba Kelly K. CARE Fitness Center	

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INTENSITY INDICATOR



LIGHT



MODERATE



CHALLENGING