



# GROUP EXERCISE

Bring your Spartan ID for class entry. Classes are first come, first served.

**MONDAY**

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	SUNRISE YOGA	Ⓜ KANISHA	2
7:00AM-8:00AM	BODYPUMP®	Ⓜ HANNAH LEXIE	4
12:15PM-12:45PM	LES MILLS GRIT® STRENGTH	TAYLOR	1
12:55PM-1:10PM	MICROABS	Ⓜ TAYLOR	1
4:30PM-5:30PM	BARRE	Ⓜ JESSICA	3
5:00PM-6:00PM	BOXWOD	Ⓜ SCOTT	B
5:30PM-6:30PM	BODYPUMP®	KALEIGH MIRACLE	4
6:40PM-7:10PM	CXWORX®	HANNAH NORMA	4
6:45PM-7:45PM	BODYCOMBAT®	TAYLOR	3
7:15PM-7:45PM	LES MILLS GRIT® STRENGTH	LIZZY	1
7:20PM-8:20PM	BODYPUMP®	ABAGAYLE ALEXA	4
8:15PM-8:45PM	LES MILLS GRIT® CARDIO/PLYO	KALEIGH	1
8:15PM-9:15PM	POWER YOGA	HALLIE	2
8:30PM-9:00PM	CXWORX®	ABAGAYLE	4
9:00PM-9:45PM	SH'BAM®	PAUL	3

**WEDNESDAY**

TIME	CLASS	INSTRUCTOR	RM
6:30AM-7:30AM	SUNRISE YOGA	Ⓜ KANISHA	2
7:00AM-7:30AM	LES MILLS GRIT® CARDIO/PLYO	Ⓜ KALEIGH	1
12:00PM-1:00PM	BODYPUMP®	Ⓜ GABBY	3
12:15PM-1:00PM	SPIN45	Ⓜ SARAH	C
1:10PM-1:25PM	MICROABS	Ⓜ GABBY	3
5:00PM-6:00PM	BOXWOD	SCOTT	B
5:00PM-6:00PM	ZUMBA®	Ⓜ RACHELLE	2
5:30PM-6:30PM	BODYPUMP®	LEXIE ALEXA	4
6:00PM-6:45PM	SPIN45	LIZZY	C
6:40PM-7:10PM	CXWORX®	HANNAH NORMA	4
6:45PM-7:45PM	BODYCOMBAT®	TAYLOR	3
7:00PM-8:00PM	YOGA BASICS	JESSICA	2
7:15PM-7:45PM	LES MILLS GRIT® STRENGTH	PAUL HORACIO	1
7:20PM-8:20PM	BODYPUMP®	ABAGAYLE HANNAH	4
8:15PM-9:15PM	YOGALATES	NATALIE	2
8:30PM-9:00PM	CXWORX®	ABAGAYLE	4
9:00PM-9:45PM	SH'BAM®	PAUL	3

**FRIDAY**

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	SUNRISE YOGA	Ⓜ HALLIE	2
7:00AM-8:00AM	BODYPUMP®	Ⓜ LEXIE	4
12:15PM-12:45PM	LES MILLS GRIT® STRENGTH	Ⓜ LINDSAY LIZZY	1
5:00PM-6:00PM	MOBILITY WOD	SCOTT	B
5:30PM-6:15PM	SPIN45	LINDA	C
5:30PM-6:15PM	SH'BAM®	PAUL KALEIGH	4

**TUESDAY**

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	SUNRISE YOGA	Ⓜ HALLIE	2
7:00AM-8:00AM	BODYPUMP®	Ⓜ GABBY	4
12:30PM-1:30PM	VINYASA YOGA	Ⓜ NANCY	2
4:20PM-5:20PM	YOGALATES	NATALIE	4
5:15PM-6:15PM	AQUA INTERVALS	Ⓜ ANDREA NORMA	P
5:30PM-6:30PM	TRX BOOTCAMP	LINDA	1
5:30PM-6:30PM	BODYCOMBAT®	LIZZY	4
5:40PM-6:40PM	ZUMBA®	KANISHA	3
6:40PM-7:10PM	CXWORX®	NORMA	4
7:00PM-7:45PM	SPIN45	LINDA	C
7:00PM-8:00PM	BARRE	NATALIE	3
7:10PM-7:40PM	LES MILLS GRIT® STRENGTH	KANISHA KALEIGH	1
7:15PM-8:15PM	BODYPUMP®	ALEXA EMILY	4
8:30PM-9:30PM	MOVE N GROOVE	ALEXIS B	4

**THURSDAY**

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	SUNRISE YOGA	Ⓜ HALLIE	2
7:00AM-8:00AM	BODYPUMP®	Ⓜ ABAGAYLE LEXIE	3
12:30PM-1:30PM	VINYASA YOGA	Ⓜ NANCY	2
5:15PM-6:15PM	DEEPWATER	Ⓜ ANDREA	P
5:30PM-6:30PM	BODYCOMBAT®	Ⓜ LIZZY	4
6:40PM-7:10PM	CXWORX®	ABAGAYLE	4
7:00PM-8:00PM	BARRE	JESSICA	3
7:00PM-7:45PM	SPIN45	LIZZY BETH	C
7:10PM-7:40PM	LES MILLS GRIT® CARDIO/PLYO	TAYLOR	1
7:20PM-8:20PM	BODYPUMP®	ALEXA HANNAH	4
8:10PM-9:10PM	YOGALATES	NATALIE	2
8:30PM-9:30PM	MOVE N GROOVE	ALEXIS B	4

**SUNDAY**

TIME	CLASS	INSTRUCTOR	RM
5:30PM-6:30PM	ZUMBA®	Z	3
7:15PM-8:00PM	SH'BAM®	KALEIGH	2
7:30PM-8:30PM	BODYPUMP®	GABBY MIRACLE	3
8:40PM-8:55PM	MICROABS	GABBY	3

**LOCATION KEY** 4 - Studio 4  
 1 - Studio 1 C - Cycle Studio  
 2 - Studio 2 P - Pool  
 3 - Studio 3 Ⓜ ActiveU

# GX CLASS DESCRIPTIONS

## **BODYPUMP®**

Uses light to moderate weights with loads of repetitions to give a full body workout. Instructors will coach you through scientifically proven moves, pump out encouragement, motivation and great music to help you achieve your goals! You'll leave the class feeling challenged and motivated.

## **BODYCOMBAT®**

A high-energy martial arts-inspired non-contact workout. Punch and kick your way to fitness and burn tons of calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude!

## **ZUMBA®**

A combination of Latin and International music/dance themes that create a dynamic, exciting workout that everyone can do! Featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

## **MOVE N GROOVE**

Ditch the workout and join the party! Learn fun moves and unique combinations to dance your stress away. This class is set to great music and anyone can do it!

## **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

## **SPIN45**

A 45-minute class designed to give riders an intense, time-efficient ride. All the benefits of a cycle class – you just get to your destination sooner.

## **POWER YOGA**

A dynamic, powerful and sweaty class designed to challenge and awaken the muscle and tissues. This energetic flow style is designed for all levels to gain greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind.

## **YOGALATES**

The class that puts the two most favorite mind/body disciplines in one: Yoga and Pilates. Grab your mat and get ready to build a strong core and mind.

## **VINYASA YOGA**

Vinyasa yoga utilizes the connection of breath and movement to safely explore depth in postures and poses. Another essential component is to calm the brain and nervous system during the middle of the day. Come find strength and peace all in one hour.

## **YOGA BASICS**

A regular yoga practice will help transform your mind and body, leading you to find inner peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered. Just breathe.

## **SUNRISE YOGA**

Rise and shine with a mindful yoga practice. This gentle approach of progressions and poses create a natural flow to start your day and the strength, flexibility and coordination links the mind, body and breath for all the days to come.

## **TRX® BOOTCAMP**

The TRX Suspension Trainer is a highly portable performance training tool that leverages gravity and the user's body weight. TRX (Total-body Resistance X-training) exercises develop strength, balance, flexibility and core stability simultaneously. Throw in resistance and intensity to make it a bootcamp!

## **BOOTCAMP**

The one stop class that combines fast intervals or cardiorespiratory work along with resistance strength based movements. Training takes place in the studios and the Queenax jungle gym. Get ready to be ripped!

## **BOXWOD**

In the Olympic lifting studio off the weight room, BOXWODs (Workout Of the Day) is the Crossfit® inspired functional training program that performed at a higher intensity. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more.

## **MOBILITY WOD NEW**

Improve flexibility and mobility while relieving tension in muscles and joints from your weekly training or from everyday life. Using tubes, rollers and other equipment, it's time to be a more comfortable, healthier you.

## **CXWORX®**

The program that focuses on quick gains that leave you with a stronger and leaner core regardless of your fitness level. In 30 minutes you will feel changes in your stomach and butt, as well as improving functional strength, making you better at everything you do.

## **MICROABS**

Small in time. Big in results. This 15-minute ab workout is designed to challenge your abdominals, obliques and surrounding core muscles to create a short, but effective challenge.

## **LES MILLS GRIT® NEW STRENGTH**

LES MILLS GRIT® STRENGTH is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

## **LES MILLS GRIT® NEW CARDIO/PLYO**

LES MILLS GRIT™ PLYO and CARDIO is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Scientifically proven to increase aerobic fitness, unleash fast-twitch muscle fiber and grow lean muscle, your metabolism will be in overdrive and 30 minutes is all it takes.

NOTE: Cardio and Plyo alternate weeks.

## **AQUA INTERVALS**

This class held in the pool improves conditioning, muscular strength and endurance using the buoyancy and resistance of the water. Complete a safe, effective, and fun workout! Allow yourself a break from the 'impact' on the body while enjoying the water.

## **DEEP WATER**

This class held in the pool improves conditioning, muscular strength and endurance using the buoyancy and resistance of the water. Complete a safe, effective, and fun workout! Allow yourself break from the 'impact' on the body.

## **BARRE**

Using flexibility, aerobics and elements of strengthening exercises dancers do, Barre is fun and empowering delivering a result driving workout that sculpts your body into amazing shape.

# INSTRUCTORS WANTED

**You can be the next  
ROCK STAR GX instructor!**

RECWELL is looking for the next wave of group exercise instructors. We host certifications from Yoga to BODYPUMP. After you master the basics, get paid for exercising and changing how people feel about fitness!

### UPCOMING UNCG CERTS:

POUND  
BODYATTACK  
SHBAM  
PILATES  
YOGA  
BODYPUMP  
LES MILLS GRIT

For more information, check out [recwell.uncg.edu](http://recwell.uncg.edu) or email us at [ifitness@uncg.edu](mailto:ifitness@uncg.edu).