GROUP EXERCISE  FALL 2017 SCHEDULE
Classes Begin Aug 15, 2017

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

TIME   CLASS            INSTRUCTOR     RM

**MONDAY**
6:30AM-7:30AM   SUNRISE YOGA   KANISHA   2
7:00AM-8:00AM   BODYPUMP®    HANNAH LEXIÉ   4
7:30AM-8:00AM   LES MILLS GRIT® STRENGTH   ALEXIS S   1
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
6:45PM-7:45PM   BOOTCAMP   KALEIGH   2
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

**TUESDAY**
7:00AM-8:00AM   SUNRISE YOGA   HALLIE   2
7:00AM-8:00AM   BODYPUMP®   ABAGAYLE ALEXA   3
12:30PM-1:30PM   VINYASA YOGA   NANCY   2
5:00PM-6:00PM   TRX BOOTCAMP   ALEXIS S   1
12:30PM-1:30PM   ZUMBA®   Z   4
5:15PM-6:15PM   DEEPWATER   ANDREA P   4
5:30PM-6:30PM   BODYCOMBAT®   LIZZY   4
6:40PM-7:10PM   CXWORX®   ABAGAYLE   4
7:00PM-8:00PM   SPIN45   JESSICA   3
7:00PM-7:45PM   BARRE   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
8:10PM-9:10PM   BOOTCAMP   ANDREA   3
8:30PM-9:30PM   MOVE N GROOVE   ALEXIS B   4

**WEDNESDAY**
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-5:30PM   MOBILITY WOD   SCOTT   B
5:30PM-6:15PM   SPIN45   LINDA   C
5:30PM-7:00PM   FRIDAY NIGHT DANCE PARTY   RACHHELLE PAUL KALEIGH & Z   4

**THURSDAY**
7:00AM-8:00AM   SUNRISE YOGA   HALLIE   2
7:00AM-8:00AM   BODYPUMP®   ABAGAYLE ALEXA   3
12:30PM-1:30PM   VINYASA YOGA   NANCY   2
5:00PM-6:00PM   TRX BOOTCAMP   ALEXIS S   1
12:30PM-1:30PM   ZUMBA®   Z   4
5:15PM-6:15PM   DEEPWATER   ANDREA P   4
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
8:10PM-9:10PM   BOOTCAMP   ANDREA   3
8:30PM-9:30PM   MOVE N GROOVE   ALEXIS B   4

**FRIDAY**
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-5:30PM   MOBILITY WOD   SCOTT   B
5:30PM-6:15PM   SPIN45   LINDA   C
5:30PM-7:00PM   FRIDAY NIGHT DANCE PARTY   RACHHELLE PAUL KALEIGH & Z   4

**SUNDAY**
5:30PM-6:30PM   ZUMBA®   Z   3
7:15PM-8:00PM   SH’BAM®   KALEIGH   2
7:30PM-8:30PM   BODYPUMP®   GABBY MIRACLE   3
8:30PM-8:55PM   MICROABS   GABBY   3

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

RECWELL.UNCG.EDU is your source for holiday and other schedule changes.
**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**
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.

**LES MILLS GRIT® PLYO and CARDIO**
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! Allows 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.

**FRIDAY NIGHT DANCE PARTY**
It is Friday and we came to PARTY! No rules. Just a 90 minute, care-free, judgment-free dance party. FDNP takes all the best parts from MOVE N GROOVE, ZUMBA, SH’BAM and MORE to create the Kaplan Center Nightclub where the music always bouncing. Their ain’t no party like a FRIDAY NIGHT DANCE PARTY.