

GROUP FITNESS SCHEDULE

SPRING
22

All classes are first come, first served until capacity is reached. RECWELL.UNCG.EDU is your source for all schedule changes.

MONDAY


TUESDAY


WEDNESDAY


THURSDAY

FRIDAY

SATURDAY


 **VINYASA YOGA** ^A
8:00am - 9:00am
Studio 4 (Trevor)


 **TOTAL BODY TONE** ^A
7:00am - 7:45am
Studio 4 (Aislinn)


 **VINYASA YOGA** ^A
8:00am - 9:00am
Studio 4 (Amabel)


 **GRIT CARDIO** ^A
12:00pm - 12:45pm
Studio 4 (Jake)

 **GRIT CARDIO** ^A
12:00pm - 12:45pm
Studio 4 (Jake)


 **SPIN45** ^A
12:00pm - 12:45pm
Cycle (Kelly)


 **ZUMBA** ^A
5:15pm - 6:15pm
Studio 4 (Olivia & Cindy)


 **BODYPUMP**
5:30pm - 6:30pm
Studio 4 (Olivia & Devynn)


 **ZUMBA** ^A
5:15pm - 6:15pm
Studio 4 (Olivia & Alexis)


 **BODYPUMP**
5:30pm - 6:30pm
Studio 4 (Shealtiel & Devynn)


 **ZUMBA** ^A
5:15pm - 6:15pm
Studio 4 (Alexis)


 **GRIT STRENGTH**
5:15pm - 5:45pm
Studio 3 (Jake)


 **GRIT STRENGTH**
5:15pm - 5:45pm
Studio 3 (Jake)


 **SPIN45**
6:15pm - 7:00pm
Cycle (Aislinn)


 **POWER YOGA** ^A
6:00pm - 7:00pm
Studio 3 (Caitlyn)


 **BOOTCAMP**
7:15pm - 8:00pm
Studio 3 (Aislinn)


 **SPIN45**
6:15pm - 7:00pm
Cycle (Jonah)


 **BODYPUMP**
10:30am - 11:30am
Studio 4 (Shealtiel)

 **305 FITNESS**
7:15pm - 8:00pm
Studio 4 (Jonah)


 **ZUMBA**
7:00pm - 8:00pm
Studio 4 (Alexis & Cindy)

 **BOOTCAMP**
7:15pm - 8:00pm
Studio 3 (Kristin)

 **ZUMBA**
7:00pm - 8:00pm
Studio 4 (Cindy)

 **305 FITNESS**
7:15pm - 8:00pm
Studio 4 (Jonah)

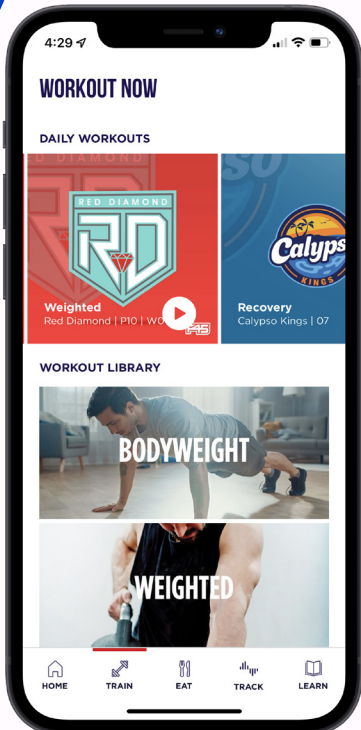
LEGEND

-  Cardio
-  Cycle
-  Dance
-  Strength
-  Yoga

^A Open to ActiveU

updated: 1/24/22

WORKOUT WHEREVER. WHENEVER.



F45 CHALLENGE APP

In partnership with F45, all UNCG students, faculty, and staff have **exclusive access** to the F45 Challenge app. Usually reserved for members at private F45 studios, you have access to:

- Daily Workouts and Recovery Sessions
- Nutritional education and recipes
- Comprehensive fitness tracking
- The exclusive 45-day global challenge

Download and register with your UNCG email.



recwell.uncg.edu

Updated 10/11/21