

GROUP EXERCISE SCHEDULE

Classes are first come, first served.



SPRING CLASS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BODYPUMP	GABBY	4
7:30AM-8:00AM	GRIT CARDIO	KALEIGH	3
8:15AM-9:00AM	SPIN45	KELSEY	C
12:15PM-1:15PM	ZUMBA	RACHELLE	3
12:15PM-1:15PM	BODYCOMBAT	LEXIE	4
12:15PM-1:00PM	SPIN45	COURTNEY	C
4:30PM-5:30PM	ZUMBA	NATALIE	4
5:30PM-6:00PM	GRIT STRENGTH	MIRACLE	3
5:30PM-6:15PM	SPIN45	LINDA	C
5:45PM-6:45PM	AQUA	NORMA	P
6:00PM-7:00PM	BODYCOMBAT	REBECCA	1
6:00PM-7:00PM	BODYPUMP	HANNAH	4
7:15PM-8:15PM	BARRE	ELAINE	3
7:15PM-7:45PM	CXWORX	HANNAH	4
8:00PM-9:00PM	ZUMBA	Z	2
8:00PM-9:00PM	BODYPUMP	KAITE	3
8:00PM-9:00PM	VINYASA YOGA	HALLIE	3

TUESDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BARRE	KAITE	4
8:30AM-9:00AM	CXWORX	IQRA	4
12:15PM-1:00PM	SPIN45	ALEX	C
4:30PM-5:30PM	VINYASA YOGA	HALLIE	3
4:30PM-5:30PM	BOXWOD	SAM	B
6:00PM-7:00PM	ZUMBA	TYRA DEJA	3
6:15PM-7:15PM	BODYPUMP	MICHELE	4
6:30PM-7:30PM	BOXWOD	SAM	B
7:30PM-8:30PM	BARRE	ELAINE	3
7:30PM-8:30PM	POWER YOGA	GABRIELLE	4

WEDNESDAY

TIME	CLASS	INSTRUCTOR	RM
7:00PM-8:00PM	BODYPUMP	KALEIGH KAITE	4
7:30AM-8:00AM	GRIT CARDIO	MIRACLE	3
8:00AM-8:45AM	SPIN45	ELAINE	C
8:15AM-9:15AM	POWER YOGA	MONICA	3
12:15PM-1:15PM	ZUMBA	NATALIE	3
12:15PM-1:00PM	SPIN45	COURTNEY	C
4:30PM-5:30PM	ZUMBA	NATALIE Z	3
5:30PM-6:30PM	BODYCOMBAT	LEXIE KELSEY	1
5:30PM-6:00PM	GRIT STRENGTH	MICHELE MORGAN	4
5:45PM-6:45PM	AQUA	NORMA	P
6:15PM-7:15PM	POWER YOGA	HALLIE	3
6:15PM-7:15PM	BODYPUMP	HANNAH	4
7:30PM-8:30PM	ZUMBA	RACHELLE	2

THURSDAY

TIME	CLASS	INSTRUCTOR	RM
8:15AM-9:15AM	POWER YOGA	MONICA	4
12:15PM-1:00PM	SPIN45	ALEX	C
4:30PM-5:30PM	ZUMBA	NATALIE	3
4:30PM-5:30PM	BOXWOD	SAM	B
5:30PM-6:00PM	GRIT CARDIO	MICHELE MORGAN	4
6:00PM-7:00PM	BARRE	KELLY	3
6:00PM-6:45PM	SPIN45	LINDA	C
6:30PM-7:30PM	BOXWOD	SAM	B
7:00PM-8:00PM	BODYPUMP	MICHELE	4
7:15PM-8:15PM	ZUMBA	TYRA RACHELLE	2
7:30PM-8:30PM	POWER YOGA	GABRIELLE	3
7:30PM-8:30PM	SWIM FIT	TIM	P
8:15PM-8:45PM	CXWORX	IQRA	4

FRIDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BODYPUMP	GABBY	3
7:30AM-8:00AM	GRIT CARDIO	MIRACLE	4
8:00AM-9:00AM	ZUMBA	TYRA	2
12:15PM-1:15PM	VINYASA YOGA	MONICA	3
12:15PM-1:15PM	BODYPUMP	LEXIE	4
5:30PM-6:30PM	ZUMBA	RACHELLE	3
5:30PM-6:30PM	POWER YOGA	HALLIE	4

SATURDAY

TIME	CLASS	INSTRUCTOR	RM
10:30AM-11:30AM	BODYPUMP	MICHELE MIRACLE	3
11:30AM-12:30PM	ZUMBA	DEJA	2
12:00PM-1:00PM	BODYCOMBAT	REBECCA	3

SUNDAY

TIME	CLASS	INSTRUCTOR	RM
5:30PM-6:30PM	ZUMBA	Z	3
7:00PM-8:00PM	BODYPUMP	GABBY	3
7:15PM-7:45PM	CXWORX	IQRA	4

KEY
 1 - Studio 1
 2 - Studio 2
 3 - Studio 3
 4 - Studio 4
 B - BOX
 C - Cycle Studio
 P - Pool
 A - ActiveU

VIRTUAL

More classes. More Times. Welcome to the future of fitness. Virtual adds new programs like RPM, SPRINT and BODYFLOW. We take those classes and put them up on the big screen to give you a movie theatre, fitness experience!

Virtual classes are scheduled throughout the day and it doesn't matter if your are working out solo or you bring a group of your friends. There is always time for a class.

Not scheduled? Ask a Fitness Assistant to start a virtual class of your choice. Anytime.

TIME	MONDAY-THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM-7:00AM	SPRINT A	SPRINT A		
7:15AM-8:05AM	RPM	RPM		
9:45AM-10:35AM	RPM	RPM		
10:45AM-11:15AM	SPRINT	SPRINT	SPRINT	SPRINT
11:30AM-12:00PM	BODYFLOW	BODYFLOW	BODYFLOW	BODYFLOW
1:30PM-2:00PM	SPRINT	SPRINT	SPRINT	SPRINT
2:15PM-2:45PM	GRIT CARDIO	GRIT CARDIO	GRIT STRENGTH	GRIT STRENGTH
3:00PM-4:00PM	BODYCOMBAT	BODYCOMBAT	BODYCOMBAT	
8:30PM-9:15PM	SHBAM			SHBAM
9:30PM-10:00PM	BODYFLOW			BODYFLOW

All Virtual Classes are in Studio 1, unless moved for equipment needs based on participation

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.

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!

POUND

Pound is the cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

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.

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.

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. NOTE: Weather permitting, Sunrise Yoga may take place on Spartan Terrace.

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.

LES MILLS GRIT 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 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.

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.

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.

KETTLEBELL BOOTCAMP

Kettlebell Bootcamp is for everyone from the couch potato to the elite athlete. You'll learn exercises that use kettlebells to maximize fat burn during a 60-minute butt-kicking session. Work by completing cardio swings, executing strength building presses and embracing the toning and flexibility aspects of the windmill.

AQUA

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.

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.

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LES MILLS SPRINT

The 30-minute High-Intensity Interval Training (HIIT) workout. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout that is scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

RPM

With great music pumping and the group spinning as one, you will go on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

BODYFLOW

Ideal for anyone and everyone. This yoga-based class that will improve your mind, your body and your life. With inspiring music you will bend and stretch through simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and there are options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.



*prices based on early registration

RECWELL.UNCG.EDU for more information and times