



GROUP EXERCISE SUMMER SESSION 1 SCHEDULE MAY 18-JUNE 21

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

ALL CLASSES ARE OPEN TO MEMBERS AND ACTIVE PARTICIPANTS

MONDAY

TIME	CLASS	INSTRUCTOR	RM
8:00AM-8:45AM	SPIN45	SARAH F	C
12:00PM-12:30PM	LES MILLS GRIT®	KYLE	1
5:00PM-6:00PM	BODYPUMP®	ABAGAYLE	3
6:15PM-6:45PM	CXWORX®	ALEXIS S	3
6:45PM-7:45PM	MOVE N GROOVE	ALEXIS B	2
7:00PM-7:45PM	SPIN45	ALEXIS S	C

WEDNESDAY

TIME	CLASS	INSTRUCTOR	RM
12:00PM-12:45PM	SPIN45	SARAH F	C
5:00PM-6:00PM	BODYPUMP®	ABAGAYLE ALEXA	3
5:45PM-6:30PM	SH'BAM®	PAUL	2
6:15PM-6:45PM	CXWORX®	ALEXIS S	3
7:00PM-7:45PM	SPIN45	ALEXIS S	C

FRIDAY

TIME	CLASS	INSTRUCTOR	RM
9:00AM-9:45AM	SPIN45	LIZZY	C

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

TUESDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BODYPUMP®	HALEY H ALEXA	3
12:00PM-1:00PM	R.I.P.P. TRAINING	ANDREA B	Q
5:15PM-6:15PM	POWER YOGA	HALLIE T	2
5:30PM-6:15PM	SPIN45	LINDA	C
6:30PM-7:30PM	TRX® BOOTCAMP	LINDA	1
6:30PM-7:30PM	BODYCOMBAT®	TAYLOR LIZZY	2

THURSDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BODYCOMBAT®	HALEY	4
12:00PM-12:45PM	BODYCOMBAT® EXPRESS	TAYLOR KYLE	2
12:50PM-1:20PM	CXWORX®	KYLE	2
5:15PM-6:15PM	AQUA INTERVALS	ANDREA B	P
5:30PM-6:15PM	SPIN45	LINDA	C
6:30PM-7:30PM	TRX® BOOTCAMP	LINDA ANDREA B	1
6:45PM-7:45PM	ZUMBA®	ALEXIS B	2

LOCATION KEY

- 4 - Studio 4
- 1 - Studio 1
- 2 - Studio 2
- 3 - Studio 3
- Q - Queenax jungle gym by Personal Training
- C - Cycle Studio
- P - Pool

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! Express classes are 45 minutes.

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!

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.

SH'BAM® NEW

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!

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.

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!

R.I.P.P. TRAINING

Resistance. Interval. Power. Performance. The one stop class that combines fast intervals or cardiorespiratory work along with resistance strength based movements. Training takes place on the Queenax jungle gym. Get ready to be ripped!

CXWORX® NEW

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.

LES MILLS GRIT® NEW

Strength. Cardio. Plyo. GRIT is high-intensity interval training (HIIT) that gets you fit, fast. 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.

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.

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