

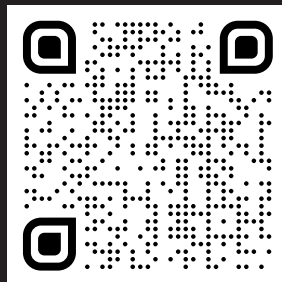


FALL 2021

GROUP FITNESS

MONDAY	YOGA FLOW 12:45 - 1:30 pm Studio 1 Brookelynn	CORE EXPRESS 2:15 - 2:45 pm Studio 1 Shelly	HIIT FIT & CORE 4:30 - 5:15 pm Studio 1 Natalie	BARBELL STRENGTH 5:30 - 6:15 pm Studio 1 Ja'Net	VIN TO YIN 5:30 - 6:30 pm Studio 2 & Zoom Erin		
TUESDAY	SUNRISE YOGA 7:00 - 7:45 am Studio 1 / Terrace Aysia	BARBELL STRENGTH 12:00 - 12:45 pm Studio 1 Amber	MIDDAY MEDITATION 12:45 - 1:15 pm Studio 2 & Zoom Erin	CYCLE EXPRESS 3:45 - 4:15 pm Gym Court 3 Amanda	BARRE 5:30 - 6:15 pm Studio 2 Amanda	ZUMBA 5:30 - 6:15 pm Studio 1 Karin	POWER YOGA 6:30 - 7:30 pm Studio 1 Erin
WEDNESDAY	POWER YOGA 12:00 - 12:45 pm Studio 1 & Zoom Amber	HIIT FIT & CORE 3:45 - 4:30 pm Studio 1 Maddy	CYCLE 5:15 - 6:00 pm Gym Court 3 Catherine	POWER YOGA 5:30 - 6:15 pm Studio 1 Brookelynn	VIN TO YIN 6:30 - 7:30 pm Studio 1 & Zoom Erin		
THURSDAY	HIIT FIT & CORE 12:00 - 12:45 pm Studio 1 Natalie	BARBELL STRENGTH 5:15 - 6:00 pm Studio 1 Amanda	HYDROFIT 5:30 - 6:15 pm Pool Brock				
FRIDAY	BARRE 12:00 - 12:45 pm Studio 1 Amanda						

To learn more about group fitness and to see all class description, visit our website:



ucdenver.edu/wellness