

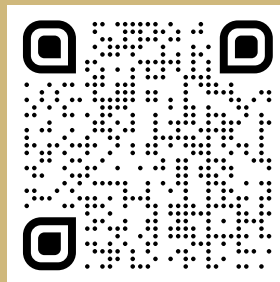


FALL 2021

GROUP FITNESS

MONDAY	CYCLE BOOTCAMP 12:00 - 12:45 pm Gym Court 3 Shelly	YOGA FLOW 12:45 - 1:30 pm Studio 1 Brookelynn	HIIT FIT & CORE 4:30 - 5:15 pm Gym Court 3 Maddy	HYDROFIT 5:30 - 6:15 pm Pool Sharifah	BARBELL STRENGTH 5:30 - 6:15 pm Gym Court 3 Ja'Net	VIN TO YIN 5:30 - 6:30 pm Studio 1 & Zoom Erin	
TUESDAY	SUNRISE YOGA 7:00 - 7:45 am Terrace Aysia	BARBELL STRENGTH 12:00 - 12:45 pm Gym Court 3 Amber	YOGA NIDRA 12:45 - 1:15 pm Studio 1 & Zoom Erin	CYCLE BOOTCAMP 4:15 - 5:00 pm Gym Court 3 Amanda	BARRE 5:30 - 6:15 pm Studio 1 Amanda	ZUMBA 5:30 - 6:15 pm Gym Court 3 Karin	POWER YOGA 6:30 - 7:30 pm Studio 1 Erin
WEDNESDAY	POWER YOGA 12:00 - 12:45 pm Gym Court 3 & Zoom Amber	HIIT FIT & CORE 4:30 - 5:15 pm Gym Court 3 Maddy	CYCLE/BARRE 5:30 - 6:30 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 12:00 - 12:30 pm Gym Court 3 Natalie	CORE EXPRESS 12:35 - 1:00 pm Gym Court 3 Natalie	ATHLETIC MOBILITY 4:30 - 5:00 pm Studio 1 & Zoom Amanda	BARBELL STRENGTH 5:15 - 6:00 pm Gym Court 3 Amanda			
FRIDAY	BARRE 12:00 - 12:45 pm Gym Court 3 Amanda	STRENGTH & STRETCH 1:00 - 1:30 pm Zoom Shelly / Amber					

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



ucdenver.edu/wellness