

# GROUP FITNESS SCHEDULE SPRING 2024

CONTACT ANNA AT  
FITNESS@UCCS.EDU OR 719-255-7515

**REGISTRATION IS  
REQUIRED**

IF THERE ARE NO PARTICIPANTS REGISTERED 1 HOUR BEFORE THE  
CLASS, THE CLASS WILL BE CANCELLED.  
REGISTRATION OPENS TWO WEEKS IN ADVANCE.

## MONDAY

### LM BODYCOMBAT

2:00pm-3:00pm

**GF2**

### HIIT- LM GRIT

4:15pm-4:45pm

**GF2**

### Cycle - LM SPRINT

5:00pm-5:30pm

**GF2**

### Functional Strength

#### LM CORE

5:45pm-6:15pm

**GF2**

### Boxing

6:30pm-7:30pm

**ATR**

### Mindful Yoga

6:30pm-7:30pm

**GF1**

## TUESDAY

### Strength & Cardio

#### LM TONE

2:15pm-3:00pm

**GF2**

### Zumba

3:00pm-3:45pm

**GF1**

### Pilates

4:00pm-5:00pm

**GF1**

### Sweat & Sculpt

5:30pm-6:15pm

**ATR**

## WEDNESDAY

### Barbell Strength

#### LM BODYPUMP

11:00am-11:45am

**GF2**

### Bootcamp

4:00pm-5:00pm

**ATR/Alpine**

### LM BODYCOMBAT

4:30pm-5:15pm

**GF2**

### Barbell Strength

#### LM BODYPUMP

5:30pm-6:00pm

**GF2**

### Boxing

6:30pm-7:30pm

**ATR**

## THURSDAY

**starts 2/22\***

### Cycle - LM SPRINT

3:00pm-3:30pm

**GF2**

### HIIT - LM GRIT

4:15pm-4:45pm

**GF2**

### Barbell Strength

#### LM BODYPUMP

5:00pm-6:00pm

**GF2**

### Plyos, Agility & Performance

6:30pm-7:15pm

**ATR**

### Gentle Yoga

6:30pm-7:30pm

**GF1**

## FRIDAY

### Bootcamp

9:00am-10:00am

**ATR/Alpine**

### Boxing

12:00pm-1:00pm

**ATR**

### Slow Flow

1:00pm-2:00pm

**GF1**

### **GET YOUR FITPASS (\$35)**

A FITPASS GIVES YOU ACCESS TO ALL GROUP FITNESS CLASSES FOR THE ENTIRE SEMESTER. A UNIQUE SCHEDULE OF FITNESS CLASSES IS CREATED FOR THE SEMESTER BASED ON STUDENT INTEREST AND INSTRUCTOR AVAILABILITY. CLASSES CAN BE PULLED OFF THE SCHEDULE AS EARLY AS MID-SEMESTER DUE TO LOW ATTENDANCE OR PAY \$5 FOR ACCESS TO A SINGLE CLASS.

### **FREE GROUP FITNESS WEEK**

**1/16-1/19**

INTERESTED IN GIVING SOME OF OUR GROUP FITNESS CLASSES A TRY? GIVE THEM A TRIAL RUN THE FIRST WEEK OF THE SEMESTER!

