

GROUP FITNESS

CONTACT ANNA AT
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CAMPUS REC

FALL 2023 WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PROGRESSIVE TRAININGS
	BOOTCAMP 8:00AM-9:00AM	LM TONE 8:30AM-9:15AM	LM BODYPUMP 8:00AM-9:00AM		REGISTER BY FRIDAY 9/8 CAMPUSREC.UCCS.EDU
	LM GRIT 11:00AM-11:30AM		ZUMBA 11:15AM-12:00PM	LM TONE 11:00AM-11:45AM	INTRO TO WEIGHT TRAINING WEDNESDAY'S 9/13-11/1 4:00PM-5:30PM
	LM BODYCOMBAT 12:00PM-1:00PM	CYCLE EXPRESS 12:30PM-1:00PM	BOOTCAMP 4:00PM-5:00PM	BOXING 12:00PM-1:00PM	INTRO TO POWERLIFTING THURSDAY'S 9/14-11/2 4:30PM-6:00PM
		LM BODYPUMP 3:00PM-4:00PM	PILATES 4:00PM-5:00PM	VINYASA FLOW 1:00PM-2:00PM	WOMEN AND WEIGHTS THURSDAY'S 9/14-11/2 4:30PM-6:00PM
LES MILLS SPRINT 5:00PM-5:30PM	ZUMBA 4:00PM-5:00PM	LM BODYCOMBAT 4:15PM-5:15PM	LM BODYCOMBAT 4:00PM-5:00PM		
LES MILLS CORE 5:45PM-6:15PM	LM BODYPUMP 5:00PM-6:00PM		LM BODYPUMP 5:15PM-6:15PM		
BOXING 6:00PM-7:00PM	VINYASA FLOW 6:00PM-7:00PM	BOXING 6:00PM-7:00PM			
RESTORATIVE YOGA 6:30PM-7:30PM					

**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.

LOCATION

- GROUP FITNESS STUDIO 2
- GROUP FITNESS STUDIO 1
- ATHLETIC TRAINING ROOM
- ALPINE FIELD WEATHER BACKUP AT ROOM



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.
OR PAY \$5 FOR ACCESS TO A SINGLE CLASS.

EARLY BIRD FITPASS PRICE: \$20
GET A FITPASS FOR ONLY \$20 THROUGH 9/3!
FREE GROUP FITNESS WEEK 8/21-8/25
INTERESTED IN GIVING SOME OF OUR GROUP FITNESS CLASSES A TRY? GIVE THEM A TRIAL RUN THE FIRST WEEK OF THE SEMESTER!