

SPRING 2025

GROUP FITNESS SCHEDULE

MONDAY

LES MILLS SPRINT

3:15PM - 3:45PM
GROUP FITNESS STUDIO 2

LES MILLS BODYPUMP

4:00PM - 4:45PM
GROUP FITNESS STUDIO 2

VINYASA FLOW

4:30PM - 5:30PM
GROUP FITNESS STUDIO 1

STRENGTH & SWEAT

5:00PM - 5:45PM
ATHLETIC TRAINING ROOM

BOXING

6:00PM - 7:00PM
ATHLETIC TRAINING ROOM

TUESDAY

LES MILLS PILATES

3:00PM - 3:45PM
GROUP FITNESS STUDIO 1

LES MILLS SPRINT (CYCLE)

4:15PM - 4:45PM
GROUP FITNESS STUDIO 2

KICKBOXING

4:30PM - 5:30PM
ATHLETIC TRAINING ROOM

LES MILLS TONE

5:00PM - 5:45PM
GROUP FITNESS STUDIO 2

GENTLE YOGA

6:00PM - 7:00PM
GROUP FITNESS STUDIO 1

WEDNESDAY

FUNCTIONAL STRENGTH

4:00PM - 4:45PM
GROUP FITNESS STUDIO 2

VINYASA FLOW

5:00PM - 6:00PM
GROUP FITNESS STUDIO 1

BOXING

6:00PM - 7:00PM
ATHLETIC TRAINING ROOM

LINE DANCING

6:30PM - 7:15PM
GROUP FITNESS STUDIO 2

LES MILLS PILATES

6:30PM - 7:30PM
GROUP FITNESS STUDIO 1

THURSDAY

POWER YOGA + MEDITATION

12:00PM - 1:00PM
GROUP FITNESS STUDIO 1

YOGA PILATES FUSION

3:00PM - 3:45PM
GROUP FITNESS STUDIO 1

LES MILLS BODYPUMP

4:00PM - 4:30PM
GROUP FITNESS STUDIO 2

MAT PILATES

4:15PM - 5:15PM
GROUP FITNESS STUDIO 1

YOGA HIIT

5:30PM - 6:30PM
GROUP FITNESS STUDIO 1

LES MILLS GRIT

5:45PM - 6:15PM
GROUP FITNESS STUDIO 2

ATHLETIC PERFORMANCE STRENGTH CIRCUIT

6:15PM - 7:00PM
ATHLETIC TRAINING ROOM

FRIDAY

LES MILLS PILATES

1:00PM - 1:30PM
GROUP FITNESS STUDIO 1

DANCE FUNDAMENTALS

1:45PM - 2:30PM
GROUP FITNESS STUDIO 2

HIP HOP JAZZ FUSION: BEGINNER

3:00PM - 4:00PM
GROUP FITNESS STUDIO 1

HIP HOP JAZZ FUSION: INTERMEDIATE/ADVANCED

4:15 PM - 5:15PM
GROUP FITNESS STUDIO 1

BOXING

6:00PM - 7:00PM
ATHLETIC TRAINING ROOM

FITPASS: \$40

WITH A FITPASS YOU CAN JOIN ANY GROUP FITNESS CLASS THROUGHOUT THE SEMESTER. EACH SEMESTER, A CUSTOMIZED FITNESS CLASS SCHEDULE IS DESIGNED BASED ON STUDENT PREFERENCES AND INSTRUCTOR AVAILABILITY. CLASSES MAY BE REMOVED FROM THE SCHEDULE MIDWAY THROUGH THE SEMESTER IF ATTENDANCE IS LOW.

PARTICIPANTS SHOULD REGULARLY CHECK THE GROUP FITNESS SCHEDULE ON THE CAMPUS RECREATION APP, AS IT MAY SUBJECCT TO CHANGE.

ALTERNATIVELY, PAY \$5 FOR ENTRY TO A SINGLE CLASS.



REGISTRATION REQUIRED

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

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