

SPRING
2022

GROUP FITNESS

WEEKLY
SCHEDULE



MONDAY

Boxing
4:00pm-5:00pm

GF2

Bootcamp
5:30pm-6:30pm

GF2

Cycle 45
6:45pm-7:30pm

GF2

TUESDAY

Peak Strength
4:00pm-5:00pm

GF2

Zumba
5:15pm-6:15pm

GF1

Boxing
5:30pm-6:30pm

GF2

Pilates
6:30pm-7:30pm

GF1

Grit
6:45pm-7:15pm

GF2

WEDNESDAY

Restorative Vinyasa Flow
4:00pm-5:00pm

GF1

Bootcamp
5:30pm-6:30pm

GF2

Cycle 45
6:45pm-7:30pm

GF2

THURSDAY

Peak Strength
4:00pm-5:00pm

GF2

Dance HIITs
5:15pm-6:15pm

GF1

Boxing
5:30pm-6:30pm

GF2

Pilates
6:30pm-7:30pm

GF1

Grit
6:45pm-7:15pm

GF2

FRIDAY

HIIT 45
11:00am-11:45am

GF2

Pilates Sculpt
2:00pm-3:00pm

GF2

Zumba
3:30pm-4:30pm

GF1

FITPASS: \$20

Get **HALF OFF** after April 10th! That's only **\$10** for access to all classes, for the rest of the semester!

Each class session will cost \$2 to attend without the FitPass

ADDITIONAL SERVICES

FITNESS ASSESSMENTS

During a fitness assessment, one of our personal trainers will assess you based on the 5 components of fitness to provide a helpful measure of your current fitness level and serve as a baseline to design an individualized exercise program based on personal health and fitness goals.

PERSONAL TRAINING PACKAGES

We have multiple packages of 60-minute personal training sessions. Some packages include free fitness assessments!

www.uccs.edu/fitness

FITNESS BUDDIES

JOIN NOW for a FREE and flexible program designed to bring the UCCS community together and get fit! Our Fitness Buddies are not personal trainers. They are fellow students who will support, motivate, and provide accountability to help you reach your personal wellness goals. All levels and interests welcome! Check our website to learn about our Buddies, find someone who matches your interests and goals, and make a new friend!



www.uccs.edu/fitnessbuddies

SPECIAL EVENTS/CERTIFICATIONS

Group Fitness Expo
March 2nd 5:00pm-7:00pm

Barbells and Brunch
March 5th 10:00am-12:30pm

Mike Boyle's Certified Functional Strength Coach
April 2nd, 8:00am-6:00pm

Mountain Lion Power Lifting Meet
April 10th 7:00am-12:00pm

Contact Amanda at fitness@uccs.edu or 719-255-3875

CAMPUS REC

UCCS University of Colorado
Colorado Springs