

GROUP FITNESS SCHEDULE

UPDATED WEEKLY CLASSES 10/10 - 12/9

MONDAY

CYCLE EXPRESS

4:00-4:30PM
GF STUDIO 2

BODY SCULPT

5:30 - 6:30PM
GF STUDIO 2

VINYASA

6:00 - 7:00PM
GF STUDIO 1

TUESDAY

BODY SCULPT EXPRESS

11:00-11:30PM
GF STUDIO 2

GRIT

11:30-12:30PM
GF STUDIO 2

BOXING

4:00 - 5:00PM
GF STUDIO 2

POWER VINYASA

5:00 - 6:00PM
GF STUDIO 1

WEDNESDAY

BOXING

11:15-12:15PM
GF STUDIO 2

ZUMBA

3:00-4:00PM
GF STUDIO 1

BODY SCULPT

5:30-6:30PM
GF STUDIO 2

CYCLE EXPRESS

6:45-7:15PM
GF STUDIO 2

THURSDAY

BODY SCULPT EXPRESS

11:00-11:30PM
GF STUDIO 2

GRIT

11:30-12:30PM
GF STUDIO 2

BOXING

4:00 - 5:00PM
GF STUDIO 2

MOBILITY AND STRETCHING

5:45-6:45PM
GF STUDIO 1

FRIDAY

BODY SCULPT

9:30-10:30AM
GF STUDIO 2

BOXING

11:00-12:00PM
GF STUDIO 2

HIIT 45

12:15-1:00PM
GF STUDIO 2

ZUMBA

3:00-4:00PM
GF STUDIO 1

EVENTS

DUMBELLS AND DONUTS

OCTOBER 28
10:00-11:30AM
\$7

MOUNTAIN LION POWERLIFTING MEET

NOVEMBER 6
7:00AM-12:00PM
\$42

ZUMBATHON WITH LATINX STUDENT UNION

NOVEMBER 11
5:30-6:30PM
FREE

GET YOUR FIT PASS (\$35)

OR PAY \$5 FOR ACCESS TO A SINGLE CLASS

Fit Pass gets you access to as many fitness classes as you want. A unique schedule of fitness classes is created the prior semester around student interest and availability of instructors.

CONTACT AMANDA

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719-255-3875



**CAMPUS
REC**

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Colorado Springs