

FALL 2021 GROUP FITNESS WEEKLY SCHEDULE

\$2 PER CLASS

After the first week, each class will cost \$2 to attend UNLESS you have a Fitpass!

FITPASS: \$20

You can attend any (and all) class(es) this semester using a FitPass, including online sessions.

QUESTIONS?

Contact Jeremy at fitness@uccs.edu or 719-255-7515

MONDAY

MOUNTAIN LION FIT ◊

8:00AM-9:00AM
FITNESS FLOOR

45 MINUTE HIIT

11:45AM-12:30PM
STUDIO 2

SPIN

5:15PM-6:15PM
STUDIO 2

VINYASA FLOW

6:30PM-7:30PM
STUDIO 1

SPIN

6:30PM-7:30PM
STUDIO 2

TUESDAY

BOXING ◊

11:30AM-12:30PM
STUDIO 2

MOUNTAIN LION FIT ◊

5:15PM-6:15PM
FITNESS FLOOR

CARDIO SPORT

6:30PM-7:00PM
STUDIO 2

BEGINS SEPTEMBER

WEDNESDAY

POWER VINYASA

9:00AM-10:00AM
STUDIO 1

CARDIO SPORT

12:00PM-12:30PM
STUDIO 2

BEGINS SEPTEMBER

VINYASA FLOW

5:15PM-6:15PM
STUDIO 1

RESTORATIVE YIN YOGA

6:30PM-7:30PM
STUDIO 1

SPIN

6:30PM-7:30PM
STUDIO 2

THURSDAY

BOXING ◊

11:30AM-12:30PM
STUDIO 2

ZUMBA

4:00PM-5:00PM
STUDIO 1

SPIN EXPRESS

5:15PM-5:45PM
STUDIO 2

STRENGTH AND POWER

6:00PM-7:00PM
STUDIO 2

FRIDAY

MOUNTAIN LION FIT ◊

8:00AM-9:00AM
FITNESS FLOOR

45 MINUTE HIIT

11:45AM-12:30PM
STUDIO 2

CARDIO SPORT

12:00PM-12:30PM
ALPINE FIELD

BEGINS SEPTEMBER

PILATES

5:15PM-6:15PM
STUDIO 1

◊ ALL CLASSES WITH A PLAY SYMBOL WILL ALSO BE HOSTED ONLINE FOR FITPASS HOLDERS

EVENTS/SPECIAL

INTRO TO WEIGHT TRAINING

TUESDAYS 9/14-11/2
4:30PM-6:00PM

AT THE
FITNESS CENTER
FLOOR

\$35 FOR STUDENTS/MEMBERS

BARBELLS AND BRUNCH

SUNDAY 10/17
10:00AM-12:30PM

AT THE
RECREATION &
WELLNESS CENTER

FREE FOR STUDENTS/MEMBERS

FITNESS THURSDAYS

THURSDAYS 8/26-11/18
ALL DAY

ON INSTAGRAM
@UCCSREC

FREE

WALKTOBER

MON-SUN 10/1-10/31
ALL DAY ALL WEEK

PART OF THE
PIPS
CHALLENGE

FREE FOR STUDENTS

