

FALL 2021 GROUP FITNESS WEEKLY SCHEDULE

\$2 PER CLASS

Each class will cost \$2 to attend UNLESS you have a Fitpass!

FITPASS: \$10

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

QUESTIONS?

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

MONDAY

45 MINUTE HIIT
11:45AM-12:30PM
STUDIO 2

SPIN
5:15PM-6:15PM
STUDIO 2

VINYASA FLOW
6:30PM-7:30PM
STUDIO 1

TUESDAY

BOXING
11:30AM-12:30PM
STUDIO 2

STRENGTH AND POWER
4:30PM-5:30PM
STUDIO 2

MOUNTAIN LION FIT
5:15PM-6:15PM
FITNESS FLOOR

WEDNESDAY

POWER VINYASA
9:00AM-10:00AM
STUDIO 1

45 MINUTE HIIT
6:15PM-7:00PM
STUDIO 2

RESTORATIVE YIN YOGA
6:30PM-7:30PM
STUDIO 1

THURSDAY

BOXING
11:30AM-12:30PM
STUDIO 2

ZUMBA
4:00PM-5:00PM
STUDIO 1

STRENGTH AND POWER
4:30PM-5:30PM
STUDIO 2

SPIN EXPRESS
5:45PM-6:15PM
STUDIO 2

FRIDAY

45 MINUTE HIIT
11:45AM-12:30PM
STUDIO 2

PILATES
5:15PM-6:15PM
STUDIO 1

EVENTS/SPECIAL

PERSONAL TRAINING

PERSONAL & PARTNER TRAINING

WITH OUR CERTIFIED PERSONAL TRAINERS

VISIT UCCS.EDU/FITNESS FOR PRICING

BODY COMPOSITION

DISCOVER YOUR BODY FAT %, MUSCLE MASS, BONE DENSITY & MORE

COST PER READING:

- 1 for \$8
- 4 for \$28
- 6 for \$40
- 8 for \$48

EMAIL FITNESS@UCCS.EDU FOR MORE INFORMATION

FITNESS THURSDAYS

THURSDAYS 8/26-11/18 ALL DAY

ON INSTAGRAM @UCCSREC

FREE

