

GROUP EX

Group Exercise Schedule

April 1 – April 30, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP (S3) 6am Tara	Boot Camp Circuit (S3) 5:30am Erin	Cycling Endurance (S1) 5:30am Devra	Total Strength (S3) 5:30am Becky M.	Power Cycling (S1) 5:30am Abigail		
	Endurance Cycling (S1) 7am Brad	Barre Conditioning (S3) 6am Kat	Interval Cycling (S1) 7am Brad	Tabata (S3) 6am (30 min.) Becky M.	Barre Conditioning (S3) 8am Kate	
	Power Flow Yoga (S2) 10:30am Daniel	Sunrise Yoga (S2/Garden) 6am Becky W.	Power Flow Yoga (S2) 10:30am Clare	Total Strength (S3) 6:30am (30 min.) Becky M.	Turbo Kick (S3) 9am Candice	Hatha Yoga (S2) 9am (55 min.) Sudhir
		Yoga Foundations (S2) 10:30am Daniel			H2O Circuit (Pool) 9am Abby H.	Meditation (S2) 10am (30 min.) Sudhir
Tabata (S3) 11:30am (30 min.) Rachel	Yoga-Pilates (S2) 11:30am Lora	Cross-Training Revo (S3) 11:30am Sarah (S3)	Mat Pilates (S2) 12pm (45 min.) Cassie	Barre Conditioning (S3) 12pm Karen	Alignment Yoga (S2) 9:30am Lisa	POUND (S3) 9:30am Cassie
Total Strength (S3) 12pm (30 min.) Rachel	BODYPUMP (S3) 12pm Katie	Flow Yoga (S2) 12pm Daniel	Zumba™ (S3) 12pm Nicole	Cardio HIIT(S2) 12pm (30 min.) Sarah (S2)	BODYPUMP (S3) 10am Candice	Aqua Fitness (Pool) 10am Richard
Flow Yoga (S2) 12pm Dee		Interval Cycling (S1) 12:15pm Brad		Core Strength (S2) 12:30pm (15 min.) Sarah (S2)		Barre Conditioning (S3) 10:30am Cassie
	Mat Pilates (S2) 4:30pm Lora	**PWR! Moves (S3) 1:15pm UCH Staff		**PWR! Moves (S3) 1:15pm UCH Staff		BODYPUMP (S3) 11:30pm Devra
	Cycling Endurance (S1) 4:30pm Karen					
POUND™ (S2) 4:30pm Cliff ★	Next Level Flow (S3) 4:30pm Daniel	Step & Sculpt (S3) 4:30pm Cliff	Flow Yoga (S2) 4:30pm Daniel			
BODYPUMP (S3) 4:30pm Jason	Zumba (S3) 5:30pm Cliff		Barre Conditioning (S3) 4:30pm Lora	Restorative Yoga (S2) 4pm Wallace		
Aqua Interval (Pool) 5:30pm Nancy	Restorative Yoga (S2) 5:30pm Wallace	Mat Pilates (S2) 5:30pm Cassie	Gentle Aqua (Pool) 4:30pm Abby H.	Zumba (S3) 4:30pm Cliff ★		
Interval Cycling (S1) 5:30pm Rachel	H2O Circuit (Pool) 5:30pm Abby H	BODYPUMP (S3) 5:30pm Candice	willPower & Grace™ (S2) 5:30pm Kat K.	Barre Conditioning (S3) 5:30pm Staff		
Power Flow Yoga (S2) 5:30pm Laurie	Tabata Cycle (S1) 6pm (30 min.) Cassie	Aqua Box (Pool) 5:30pm Cathy	Strength Endurance (S3) 5:30pm Karen			
Step (S3) 5:30pm Candice	Tabata Cycle (S1) 6:30pm (30 min.) Cassie	Power Cycling (S1) 5:30pm Karen	Endurance Cycling (S1) 6pm (30 min.) Erin	Intro to Yoga & Barre (60 min.) Monday, April 27 at 1:05pm (Studio 3) Intro to Zumba & Pound (60 min.) Saturday, April 25 at 11am (Studio 3) <i>Come to our special monthly workshops to learn the basics of some of our most popular class formats! Perfect for group ex beginners!</i>		
Barre Conditioning (S3) 6:30pm Candice	BODYPUMP Express (S3) 6:30pm (30 min.) Chrissy	Turbo Kick (S3) 6:30pm Erin	Interval Cycling (S1) 6:30pm (30 min.) Erin			
Sunset Yoga (S2/Garden) 7pm Laurie	Cardio HIIT (S3) 7pm (30 min.) Chrissy	Sunset Yoga (S2/Garden) 7pm Blair	Hip Hop (S3) 6:30pm Logan			

TOTAL BODY	MIND/BODY	AQUA	CYCLING	CARDIO
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*Cycling, POUND and Barre Conditioning require a reservation which can be made beginning 24 hours prior to the start of class. Late arrivals may result in the loss of your reserved spot. Please contact the front desk at 303-724-9355. **PWR! Moves is a fee-based class. Please inquire at the front desk.

A ticket is required for entrance to all BODYPUMP classes. Tickets can be picked up at the front desk on a first come, first served basis up to 60 min. prior to the class start time.

★ = Indicates a new instructor, format, studio location and/or time.

The Group Exercise department reserves the right to modify the schedule based on participation. Appropriate attire is required. Group Exercise staff may deny participation due to safety concerns. Beginners are encouraged to modify workout intensity to their appropriate level. For more information, contact Group Exercise Manager Candice Baumgardner at candice.baumgardner@ucdenver.edu.



Class Descriptions

ALIGNMENT YOGA – This approach to yoga focuses on slower transitions and longer periods spent in each pose. The methodical placement of each pose allows for maximum benefit of each posture.

AQUA BOX – This innovative class combines the benefits of water resistance with the fun and energy of cardio kickboxing.

AQUA FITNESS – Intensify your aerobic routine with the resistance of water! This fast-paced class will keep you moving with innovative routines featuring flowing movements, jumps, kicks and more! A class sure to get you aqua fit while being easy on your joints.

AQUA INTERVAL – Interval water aerobics offers the benefits of anaerobic and aerobic intervals for a fat-burning total body workout in a non-impact setting.

BARRE CONDITIONING – This class utilizes the ballet barre, combining a progression of movements to work the entire body while developing greater physical awareness and posture. Intense yet low impact, this class will stabilize your core while working major muscle groups as well as the smaller muscles in the thighs and seat. A final stretch encourages muscle length and balance.

BODYPUMP™ – The original barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. Admittance is on a first come, first served basis and a ticket to class is required – please pick up your ticket at the front desk up to 60 minutes before the class start time.

BODYPUMP™ EXPRESS – A 30-minute version of the classic. This class is structured to ensure a balanced strength workout – perfect for those short on time or beginners to BODYPUMP. Like the full version, a ticket is required for entrance.

BOOT CAMP CIRCUIT – This multiple intensity class uses athletic movements designed to take you to a new level of fitness. Cross train between jump rope, boxing drills, cardio step circuits, sit-ups, push-ups, weight training movements and so much more.

CARDIO HIIT – Simple, athletic movements performed in short, explosive intervals for an efficient, effective cardio workout. Timed anaerobic work (based on your heart rate monitor or rate of perceived exertion) is followed by aerobic recovery to stimulate improved cardiovascular performance, while burning fat and calories. One of the benefits of HIIT is that the calories keep burning even after you've completed the workout!

CORE STRENGTH – A strong core is the foundation of your fitness program. In this class, you will work your entire core from every angle – front, back and sides – for a strong, sleek midsection.

CROSS-TRAINING REVO – It's a revolution! A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination and balance for improved overall wellness and fat loss.

CYCLING ENDURANCE – This cycling class involves sub-anaerobic training to build aerobic base and stamina. All levels welcome

FLOW & POWER FLOW YOGA – This an intense, detoxifying, empowering and completely engaging practice. It is a challenging strength and stamina focused class that provides a powerful workout. This class will help you attain a stronger, more toned yoga body and a calmer, more focused mind.

GENTLE AQUA – This is a lower intensity, low impact water class designed to train the body for functional movement on land. Low intensity aerobic activities combined with toning make for a total body experience. Instructor may use water noodles.

Hip Hop – If you love to dance, or would love to learn to dance, this is the class for you! In this class, hip-hop and dance moves are choreographed to high energy and motivating music. All moves are broken down and simplified step by step in order to ensure that everyone can participate.

H2O CIRCUIT – Water aerobics offers a total body workout in a non-impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O!

INTERVAL CYCLING – A mixed ride including aerobic and anaerobic drills for an exciting journey. All levels welcome.

MAT PILATES – Think “long lean body.” This class focuses on strength and flexibility of the entire core or “powerhouse” and is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing/relaxation. All levels welcome.

NEXT LEVEL FLOW – This Vinyasa (Flow) Yoga class is tailored to students who are comfortable in Flow and Power Flow Yoga and ready for more advanced transitions, plyometrics, and challenge postures.

POUND® – Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Rock out. Work out.

POWER CYCLING – This group cycling experience involves using drills specifically designed to increase both speed and strength. All levels welcome.

PWR! MOVES – Join us for a fun and targeted exercise class for individuals with Parkinson's disease. The PWR! Circuit class is a high intensity, challenging class targeted to address Parkinson's specific impairments. The program aims to slow disease progression, restore motor function, and increase longevity and quality of life. *This class is fee-based. Please inquire at the front desk.*

RESTORATIVE YOGA – This style of yoga might best be described as a supported, conscious body/mind relaxation practice to relieve fatigue and stress, promote well-being and bring healing balance to your life.

STEP – Step Aerobics is one of the most traditional, long-standing group fitness classes. Combinations are broken down and taught building up to a fun routine – all while giving you a great cardiovascular workout.

STEP & SCULPT – Get the best of both worlds in this action packed class! Step aerobic combinations alternating with body sculpting exercises will strengthen every muscle in your body and provide a great cardiovascular workout. All levels welcome.

STRENGTH ENDURANCE – This class alternates simple step moves with strength training exercises for an interval-based workout that truly works every muscle group and never disappoints

SUNRISE & SUNSET YOGA – De-stress with this breath-centric class. Smooth movements help participants achieve better posture, flexibility, balance and strength while meditation helps to improve focus. All levels welcome.

TABATA – Tabata protocol calls for short bouts of high intensity effort followed by a short recovery period. This class is short in length but high in results.

TABATA CYCLE – Take Tabata onto the bike! As with Tabata on land, this class calls for short bouts of high intensity effort followed by a short recovery period. Bikes are perfect for engaging your whole lower body and skyrocketing your heart rate. This 30 minute class gets a big workout done in a short period of time!

TOTAL STRENGTH – This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups.

TURBO KICK® – Get hooked on the Turbo high! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting!

willPower & Grace™ – willPower & Grace combines mind/body principles with dance movements. You'll experience a balanced yet energetic cardiovascular class fused with traditional calisthenics. The core theme behind this class is functional training – movements that help you with everyday life. **Note: This class is traditionally executed barefoot. If you are not comfortable barefoot, it's OK to wear a thin soled sneaker.*

YOGA FOUNDATIONS – This class is slowly paced and ideal for beginners, as well as intermediate and advanced students who want to work on their alignment, building strength and increasing flexibility.

Yoga-Pilates – *Don't think you can get cardio, strength and flexibility training all in one workout? You can!* This is a total body workout, using the foundation of Vinyasa yoga, combined with intense Pilates movements. Focused mind, chiseled body.

ZUMBA™ – Zumba™ combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba™ is a “feel good” workout geared toward all levels. Think you're not a dancer? No problem! We bet you'll find the dancer within. All levels welcome.

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CLASS LOCATIONS:

S1 – Studio 1 S2 – Studio 2
S3 – Studio 3 FF – Fitness Floor

All classes are 55 minutes unless otherwise indicated.



Anschutz Health
and Wellness Center

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