

# GROUP EXERCISE SCHEDULE



October 1-31, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Total Strength (In-person and Online) 5:30am Becky M.			
BODYPUMP™ Ex-press (45 min) (In-person and Online) 8:30am Trevor	Mat Pilates (In-person and Online) 8:30am Rachel P.	Cardio HIIT (30 min) (In-person and Online) 8:30am Maddie	Power Flow Yoga (In-person and Online) ★ 8:30am Becky W.		VIRTUAL Slow Flow Yoga (Online Only) 8:30am Daniel	Cardio HIIT & Core (In-person and Online) 8:30am Kat K.
CXWORX™ (30 min) (In-person and Online) 9:15am Trevor		Total Strength (30 min) (In-person and Online) 9:00am Maddie				
					BODYPUMP (In-person and Online) 10:00am Candice	BODYFLOW (In-person and Online) 10:00am Candice
Cardio HIIT (30 min) (In-person and Online) 12:00pm Emily M.	Flow Yoga (In-person and Online) ★ 12:00pm Trevor	BODYCOMBAT™ (In-person and Online) 12:00pm Candice	BODYPUMP™ (In-person and Online) 12:00pm Trevor	CXWORX™ (30 min) (In-person and Online) 12:00pm Karen B.		
Total Strength (30 min) (In-person and Online) 12:30pm Emily M.				BODYFLOW™ Ex-press (30 min) (In-person and Online) 12:30pm Karen B.		
BODYCOMBAT™ (In-person and Online) 4:30pm Leanna	VIRTUAL Cardio HIIT & Core (Online Only) 4:30pm Sunnee H.	★ POUND® (In-person and Online) 4:30pm Leanna	BODYFLOW™ (In-person and Online) 4:30pm Candice B.	BODYPUMP (In-person and Online) 4:30pm Rachel		
VIRTUAL Flow Yoga (Online Only) 5:00pm Paige	VIRTUAL Zumba (Online Only) 5:00pm Jenna	VIRTUAL Mat Pilates (Online Only) 5:00pm Karen B.	VIRTUAL Essentrics (Online Only) 5:00pm Lisa			
BODYPUMP™ (In-person and Online) 6:00pm Candice	Flow Yoga (In-person and Online) 6:30pm Maggie	Hip Hop (In-person and Online) 6:00pm Logan	BODYCOMBAT™ (In-person and Online) 6:30pm Emily D.			
VIRTUAL FIT Group (Online Only) 6:00pm Fitness Staff		VIRTUAL FIT Group (Online Only) 6:00pm Fitness Staff	VIRTUAL FIT Group (Online Only) 6:00pm Fitness Staff			
CARDIO		MIND/BODY		TOTAL BODY		

All classes are live-streamed on our virtual platform.

In-person classes require a reservation. Members may reserve a class up to 24 hours in advance on the member app or online portal. All participants must adhere to social distancing protocols and markers. Masks are required at all times, and must cover the nose and mouth. Please arrive at least 5 minutes early for all in-person classes to allow for setup time. Late entry is not permitted. In-person classes are held in Studio 3.

Access our virtual classes at [anschutzwellness.com/gex](https://anschutzwellness.com/gex) (check the monthly member email for the most current virtual GEX Zoom password). Reservations are not required to participate on Zoom. All classes are 55 minutes unless otherwise indicated.

For more information call 303-724-9355.

★ Indicates a new or modified class

WELLNESS  
CHANGES  
EVERYTHING



Anschutz Health and Wellness Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



## CLASS DESCRIPTIONS

**BODYCOMBAT™** - Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**BODYPUMP/FLOW™ EXPRESS** – A 30-minute version of the classics. Our express classes are structured to ensure a balanced workout – perfect for those short on time or beginners new to BODYPUMP or BODYFLOW.

**BODYFLOW™** - Ideal for anyone and everyone, BODYFLOW™\* is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

**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. Space is limited – online reservation required.

**CARDIO HIIT AND CORE** – 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. 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.

**CARDIO HIIT AND TOTAL STRENGTH** – The best of both worlds! Athletic cardio interval training and resistance moves come together in a true total body workout! Increase cardiovascular performance, while building strength and shaping your muscles.

**CXWORX** – During the 30-minute workout trained instructors guide you through a complete core workout, coaching correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

**ESSETRICS** – is a dynamic workout that lengthens and strengthens every muscle in the body, resulting in greater joint mobility and long, lean muscles. This completely original workout draws on tai chi, ballet, and physiotherapy, combined to create health and balance, long and lean muscles, and create a pain free body.

**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.

**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.

**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.

**POUND®** - Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. Fusing cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series, means you burn calories, strengthen and sculpt infrequently used muscles, for a leaner, slimmer physique – all while rocking out to your favorite music! Rock out. Work out.

**SLOW FLOW YOGA** – For those who are beginners to flow yoga or who wish to practice at a slower pace, this class is a perfect way to end the day – nourishing body and mind.

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

**VIRTUAL FIT GROUP** - FIT stands for functional integrative training, which is exercise focused on providing you with the strength, stability and mobility your body needs in order for you to thrive in everyday life. Whether it's sports, hiking, or just playing with your kids or grandkids – our Virtual FIT Groups utilize exercises with no (or optional) equipment that improve your ability to do what you love to do, safely and effectively.

**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. We bet you'll find the dancer within. All levels welcome.

\*All Group Exercise Classes require a reservation, which can be made online beginning 24 hours prior to the start of class. Late arrivals may result in the loss of your spot. Masks must be worn at all times, no exceptions. Participants must adhere to social distancing rules as set forth by the fitness center, and the University of Colorado Anschutz campus.

*We reserve the right to modify the schedule based on participation. Appropriate attire is required.*

**CLASS LOCATIONS:**

S3 – Studio 3 (basement)

All classes are 55 minutes unless otherwise indicated.

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