

# GROUP EXERCISE SCHEDULE



May 1-31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Total Strength (In-Person and Online) 5:30am Becky M.		FIT Group* (In-Person Only) 5:30am Fitness Staff		
		FIT Group* (In-Person Only) 5:30am Fitness Staff		★ Tabata and Core (30 min) (In-Person and Online) 6:00am Becky M.	FIT Group* (In-Person Only) 8:00am Fitness Staff	
					VIRTUAL Slow Flow Yoga (Online Only) 8:30am Daniel	
BODYPUMP™ Express (45 min) (In-Person and Online) 10:30am Trevor					BODYCOMBAT™ (In-Person and Online) 9:00am Emily D.	BODYPUMP™ (In-Person and Online) 9:00am Devra
★ Les Mills CORE™ (30 min) (In-Person and Online) 11:15am Trevor			Mindfulness: Refuel and Restore (10min) (Online Only) 12:00pm ★ Dr. Chamberlain		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	★ Les Mills CORE™ (30 min) (In-Person and Online) 12:00pm Karen B.		
Total Strength (30 min) (In-Person and Online) 12:30pm Emily M.				BODYFLOW™ Express (30 min) (In-Person and Online) 12:30pm Karen B.		
Step (In-Person and Online) 4:30pm Candice	BODYPUMP (In-Person and Online) 4:30pm MaryLauren	Cardio HIIT (30min) (In-Person and Online) 4:30pm MaryLauren	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	Total Strength (30min) (In-Person and Online) 5:00pm MaryLauren	VIRTUAL Cardio Barre (Online Only) 5:00pm Karen B.			
BODYPUMP™ (In-Person and Online) 6:00pm Candice	FIT Group* (In-Person Only) 5:00pm Fitness Staff	VIRTUAL Mat Pilates (Online Only) 5:00pm Karen B.	FIT Group* (In-Person Only) 5:00pm Fitness Staff			
VIRTUAL FIT Group (Online Only) 6:00pm Fitness Staff	★ Les Mills CORE™ (45min) (In-Person and Online) 5:30pm Trevor	Hip Hop (In-Person and Online) 6:00pm DeSean	BODYPUMP™ (In-Person and Online) 5:30pm Emily D.			
CARDIO		MIND/BODY			TOTAL BODY	

All GroupEx classes are live-streamed on our virtual platform. Some FIT Groups are in-person only. In-person FIT Groups are fee-based and require a reservation.

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.

\*In-person FIT GROUPS are fee-based. Please see the front desk or speak with a trainer for details.

★ 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 BODY-COMBAT 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** - 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.

**CARDIO BARRE** - This high energy, low-impact class combines large range, whole

body movements and intense isolation exercises to work the entire body while developing greater physical awareness and posture. This energizing class will strengthen the muscles of your core, arms, thighs, and seat and give your heart a pumping cardio workout. A final stretch at the finish encourages muscle length, balance, and recovery.

**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.

**Les Mills CORE - Now in a 45 minute format!** During this express workout, trained instructors guide you through a complete core strength class, 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. Try the classic, 30 minute class or gear-up for the brand new 45 minute version!

**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 FIT Groups utilize exercises that improve your ability to do what you love to do, safely and effectively.

**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.

**MINDFULNESS: REFUEL AND RESTORE** - A virtual mindfulness practice with AHCW's in-house PhD Psychologist, Dr. Liz Chamberlain. These 10 minute virtual mini sessions, designed by Dr. Chamberlain, will reconnect you with your inner thoughts and feelings, disrupt worry and rumination, decrease sympathetic (fight or flight) reactions, reduce tension, and increase ability to focus and respond to the demands of the day.

**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.

**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.

**STEP** - Step aerobics is one of the most traditional, long-standing group fitness classes. Get a fantastic aerobic workout, while learning footwork combinations that take you up, over, and around your step! Every move is broken down for all levels to create a fun cardio routine that everyone can do!

**TABATA AND CORE** - Tabata protocol calls for short bouts of high intensity effort followed by a short recovery period. Tabata is followed by 15 minutes of core work. This class is short in length but high in results.

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

**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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