



GROUP EXERCISE SUMMER SESSION 2 SCHEDULE JUNE 22-JULY 21

Bring your Spartan ID for class entry. Classes are first come, first served.

ALL CLASSES ARE OPEN TO MEMBERS AND ACTIVE PARTICIPANTS
RECWELL.UNCG.EDU is your source for holiday and other schedule changes.

MONDAY

TIME	CLASS	INSTRUCTOR	RM
7:30AM-8:30AM	SUNRISE YOGA	HALLIE R	2
8:00AM-8:45AM	SPIN45	SARAH F	C
12:15PM-12:45PM	LES MILLS GRIT®	KYLE	1
5:15PM-6:15PM	BODYPUMP®	ABAGAYLE	3
6:20PM-6:50PM	CXWORX®	ALEXIS S	3
6:45PM-7:45PM	MOVE N GROOVE	ALEXIS B	2
7:05PM-7:50PM	SPIN45	ALEXIS S	C

WEDNESDAY

TIME	CLASS	INSTRUCTOR	RM
8:00AM-9:00AM	BODYCOMBAT®	LIZZY	2
12:00PM-12:45PM	SPIN45	SARAH F	C
12:00PM-12:45PM	BODYPUMP® EXPRESS	HOLLY	3
5:15PM-6:15PM	BODYPUMP®	ABAGAYLE	3
6:20PM-6:50PM	CXWORX®	ALEXIS S	2
6:30PM-7:15PM	SH'BAM®	PAUL	3
7:05PM-7:50PM	SPIN45	ALEXIS S	C

FRIDAY

TIME	CLASS	INSTRUCTOR	RM
10:00AM-11:00AM	SPIN45+MICRO ABS	LIZZY	C

TUESDAY

TIME	CLASS	INSTRUCTOR	RM
7:00AM-8:00AM	BODYPUMP®	HALEY H	3
9:00AM-10:00AM	SPIN45 + MICRO ABS	LIZZY	C
12:00PM-1:00PM	TRX BOOTCAMP	ANDREA B	1
12:30PM-1:30PM	VINYASA FLOW	NANCY	2
5:15PM-6:15PM	BODYCOMBAT®	TAYLOR	2
5:30PM-6:15PM	SPIN45	LINDA	C
6:30PM-7:15PM	SH'BAM®	PAUL	2
6:30PM-7:30PM	QUEENAX BOOTCAMP	LINDA ANDREA	QS

THURSDAY

TIME	CLASS	INSTRUCTOR	RM
12:30PM-1:30PM	VINYASA FLOW	NANCY	2
12:00PM-12:45PM	BODYCOMBAT® EXPRESS	TAYLOR KYLE	3
12:50PM-1:20PM	CXWORX®	KYLE	3
5:30PM-6:30PM	YOGA BASICS	KANISHA	2
5:30PM-6:15PM	SPIN45	LINDA	C
6:30PM-7:30PM	TRX® BOOTCAMP	LINDA ANDREA B	1
6:45PM-7:45PM	ZUMBA®	ALEXIS B	2

LOCATION KEY

1 - Studio 1
2 - Studio 2

3 - Studio 3
4 - Studio 4

C - Cycle Studio

P - Pool

QS - Queenax South (near Mat Room)

GX CLASS DESCRIPTIONS

BODYPUMP®

Uses light to moderate weights with loads of repetitions to give a full body workout. Instructors will coach you through scientifically proven moves, pump out encouragement, motivation and great music to help you achieve your goals! You'll leave the class feeling challenged and motivated.

BODYCOMBAT®

A high-energy martial arts-inspired non-contact workout. Punch and kick your way to fitness and burn tons of calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude! Express classes are 45 minutes.

ZUMBA®

A combination of Latin and International music/dance themes that create a dynamic, exciting workout that everyone can do! Featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

MOVE N GROOVE

Ditch the workout and join the party! Learn fun moves and unique combinations to dance your stress away. This class is set to great music and anyone can do it!

SPIN45

A 45-minute class designed to give riders an intense, time-efficient ride. All the benefits of a cycle class – you just get to your destination sooner.

SH'BAM® NEW

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!

POWER YOGA

A dynamic, powerful and sweaty class designed to challenge and awaken the muscle and tissues. This energetic flow style is designed for all levels to gain greater awareness of self, personal transformation and empowerment. It will sculpt, tone and condition both your body and mind.

TRX® BOOTCAMP

The TRX Suspension Trainer is a highly portable performance training tool that leverages gravity and the user's body weight. TRX (Total-body Resistance X-training) exercises develop strength, balance, flexibility and core stability simultaneously. Throw in resistance and intensity to make it a bootcamp!

R.I.P.P. TRAINING

Resistance. Interval. Power. Performance. The one stop class that combines fast intervals or cardiorespiratory work along with resistance strength based movements. Training takes place on the Queenax jungle gym. Get ready to be ripped!

CXWORX® NEW

The program that focuses on quick gains that leave you with a stronger and leaner core regardless of your fitness level. In 30 minutes you will feel changes in your stomach and butt, as well as improving functional strength, making you better at everything you do.

LES MILLS GRIT® NEW

Strength. Cardio. Plyo. GRIT is high-intensity interval training (HIIT) that gets you fit, fast. Scientifically proven to increase aerobic fitness, unleash fast-twitch muscle fiber and grow lean muscle, your metabolism will be in overdrive and 30 minutes is all it takes.

MICRO ABS

Small in time. Big in results. This 15-minute abs workout is designed to challenge your abdominals, obliques and surrounding core muscles to create a short, but effective challenge.