<table>
<thead>
<tr>
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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>CYCLE SOMETHING DIFFERENT</td>
<td>6:30-7:15a Tracy / Studio 3</td>
<td>SUNRISE YOGA 7:00-8:00a Cheyenne / Studio 1</td>
<td>SUNRISE YOGA 7:00-8:00a Connor / Studio 1</td>
<td>SUNRISE YOGA 7:00-8:00a Cheyenne / Studio 1</td>
<td>SUNRISE YOGA 7:00-8:00a Connor / Studio 1</td>
<td>POWER YOGA 9:00-10:00a Steve / Studio 1</td>
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<tr>
<td>SUNRISE YOGA</td>
<td>7:00-8:00a Connor / Studio 1</td>
<td>CYCLE 7:30-8:30a Micaela / Studio 3</td>
<td>VINYASA YOGA 12:15-1:00p Cheyenne / Studio 1</td>
<td>PUMP &amp; PEDAL 7:30-8:30a Micaela / Studio 3</td>
<td>PIYO 10:30-11:15a Carrie / Studio 2</td>
<td>KICKBOX BOOTCAMP 9:00-10:00a Kelly / Studio 2</td>
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<tr>
<td>BARRE CORE</td>
<td>12:15-12:45p Anne / Studio 1</td>
<td>CARDIO KICKBOXING 9:00-9:45a Retta / Studio 2</td>
<td>ZUMBA 12:15-1:00p Olivia / Studio 4</td>
<td>CARDIO KICKBOXING 9:00-9:45a Retta / Studio 2</td>
<td>CORE DE FORCE 11:30a-12:15p Carrie / Studio 2</td>
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<tr>
<td>BARRE INTENSITY</td>
<td>4:30-5:15p Jasmine / Studio 1</td>
<td>FIT BARRE 11:15a-12:00p Stacy / Studio 1</td>
<td>CHAIREOBICS 4:30-5:15p Jasmine / Studio 1</td>
<td>ZUMBA 12:15-1:00p Olivia / Studio 4</td>
<td>BARRE-LESS 12:15-1:00p Kelly / Studio 1</td>
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<tr>
<td>ZUMBA</td>
<td>5:30-6:30p Emily / Studio 1</td>
<td>ZUMBA 12:15-1:00p Stacy / Studio 1</td>
<td>YOGA FLOW 5:30-6:30p Steve / Studio 1</td>
<td>COUNTRY HEAT 4:15-5:00p Robyn/ Studio 4</td>
<td>ZUMBA 12:15-1:00p Alesha / Studio 4</td>
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<tr>
<td>POWER YOGA</td>
<td>5:30-6:30p Shawn / Studio 2</td>
<td>YOGA 5:00-6:00p Savannah / Studio 1</td>
<td>STEP JAM 5:30-6:30p Kelly / Studio 2</td>
<td>YOGA 5:00-6:00p Savannah / Studio 1</td>
<td>STRONG BY ZUMBA 5:30-6:30p Martin / Studio 4</td>
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<tr>
<td>TRX STRENGTH &amp; CORE</td>
<td>5:30-6:30p Kelcie / Studio 3</td>
<td>INSANITY 5:00-5:45p Robyn/ Studio 4</td>
<td>WEST COAST CYCLING 5:30-6:30p Tracy / Studio 3</td>
<td>STEP, JUMP, PUMP 5:30-6:30p Aquila / Studio 2</td>
<td>KETTLEBELL STRENGTH 5:30-6:30p Kelcie / Studio 3</td>
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<td>POUND</td>
<td>5:30-6:30p Krista / Studio 4</td>
<td>STEP, JUMP, PUMP 5:30-6:30p Aquila / Studio 2</td>
<td>ZUMBA 5:30-6:30p Martin / Studio 4</td>
<td>HIP-HOP 5:30-6:30p Alesha / Studio 4</td>
<td>AQUA ZUMBA 5:45-6:30p Martin / Pool</td>
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<tr>
<td>AQUA FIT</td>
<td>5:45-6:30p Melody / Pool</td>
<td>PUMP &amp; PEDAL 5:30-6:30p Anne / Studio 3</td>
<td>AQUA ZUMBA 5:45-6:30p Martin / Pool</td>
<td>HIP-HOP 5:30-6:30p Alesha / Studio 4</td>
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<td>HIP-HOP</td>
<td>6:00-7:00p Alesha / Studio 4</td>
<td>PUMP &amp; PEDAL 5:30-6:30p Anne / Studio 3</td>
<td>AQUA ZUMBA 5:45-6:30p Martin / Pool</td>
<td>HIP-HOP 5:30-6:30p Alesha / Studio 4</td>
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<tr>
<td>CUT</td>
<td>6:30-7:00p Aquila / Studio 2</td>
<td>PUMP &amp; PEDAL 5:30-6:30p Anne / Studio 3</td>
<td>AQUA ZUMBA 5:45-6:30p Martin / Pool</td>
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MIND & BODY
Yoga: Get back to the basics with this simple, yet challenging classic yoga class.
Vinyasa Yoga: This faster-paced yoga will combine fluid movement and breathing to improve both your strength and cardio fitness.
Sunrise Yoga: Flow into the morning with this fluid and energizing yoga class. You will combine movement and meditation to help start your morning right.
Power Yoga: Total body workout designed to tone and sculpt every major muscle group; this intense, but easy-to-follow program will push your strength and flexibility to new yoga heights!

GROUP CYCLING
All Cycling Classes require passes purchased from Membership Services.
*Cycle: Uniquely tailored to suit a wide range of abilities and fitness goals. Cycle offers participants an energizing, low-impact, but high intensity workout with no complicated moves to learn, and music that begs your legs to pedal.
*Pump & Pedal: Can’t decide if you want to do cardio or strength? Why not do both! This class is formatted to work both your cardiovascular endurance while cycling as well as strength components.
*Cycle Something Different: Experience a unique variety of intervals, guided imagery, and heart pounding fun from the cyclist’s perspective.
*West Coast Cycling: Combine deep meditation and goal setting with indoor cycling.

DANCE
Zumba: Dance your way to a fitter you! This class combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. With exciting and unique moves you will have fun while getting fit.
Hip-Hop: Let the beat and your dance moves help become a fitter you.
Country Heat: Country dance inspired workout using simple dance moves and uncomplicated choreography to country-inspired jams.
This is a non-stop cardio workout that is so fun that you will forget you are working out!

CARDIO & STRENGTH
Pound: Pound Fitness is ROCKOUT WORKOUT! Channel your inner performer and rock your body with this modern-day fusion of movement and music. Using Ripstix™ (weighted drumsticks engineered for exercise), Pound transforms drumming into an effective full-body workout. Space is LIMITED! (Max. 25).
Chaireobics: Get a satisfying strength workout while stepping outside the box of the normal class! This unique structure is based upon fitness and dance theories including ballet barre, Pilates, and yoga. You will dance, have fun, and sweat!
Fit Barre: FITWELL is proud to present the hottest trend in toning! Fit Barre will offer you 60 minutes of motivating music and toning technique. Fine tune your smallest muscles with small continuous contractions and feel your body’s true form take shape.
Barre Core: A mix between Fit Barre and HardCORE, this class will work on strengthening and stabilizing your core.
Barre Intensity: Barre Intensity fuses traditional Barre class with strength movements at a HIIT pace, creating an explosive cardio workout.

CARDIO & STRENGTH (cont.)
Barre-Less: Ready to get off the barre? This ballet-based workout will challenge your whole body; focusing on alignment, lengthening, balance, functional movement, and core strength.
CUT: This class will focus strictly on working your core, leaving your abs cut up.
PiYo: This is a high-intensity, fast-paced, low-impact workout that is a fusion of yoga and Pilates. You will sweat during this great workout!
Core De Force: An MMA-style workout tracking moves and inspiration from boxing, kickboxing, Brazilian Jiu-Jitsu, and Muay Thai that uses HIIT. This is body weight training that is not a self-defense class and non-contact.
STRONG by Zumba: This is a high-intensity workout choreographed to music to help you push it through every rep!
Step Jam: Come see why step has been around for more than 25 years! This cardio workout builds a base choreography pattern using the step and gives you options to “jam” by adding challenges with power, directional, and rhythmic changes; ending with a brief core segment and relaxing floor stretch.
Kickbox Bootcamp: This cardio/strength workout alternates intervals of cardio kickboxing “rounds” with total body strength training, ending with a core segment and relaxing floor stretch.
Step, Jump, & Pump: This tried and true fitness staple uses basic advanced step moves to challenge all fitness levels. Incorporating strength and sports-conditioning this fun twist on an old staple is sure to provide you with the advanced and dynamic workout you’ve been looking for.
Insanity Live!: Intense interval training to improve strength, endurance, agility, and coordination all using just your body weight for a great and fun workout! This can be modified for any fitness level!
TRX Strength & Core: Learn the basics of this rapidly growing fitness trend, TRX! Along with great TRX instruction, the class will include training that involves full body movements and learn to stabilize the body and use your core in every exercise.
Kettlebell Strength: This high-intensity class consists of whole-body movement exercises. Kettlebells come in a range of off-centered weights and a workout includes different movements such as the deadlift, swing, clean & press, and snatch. Each of these movements are multi-joint and multi-muscle exercises that build strength, improve flexibility, and burn fat & calories!

AQUA
AquaFit: AquaFit will provide you with the workout of a lifetime! Developed to build strength and flexibility, this shallow water fitness class is sure to leave you sweating!
Aqua Zumba: This class combines Zumba with the resistance of the water for a fun pool party workout!

Green: Easy
Gold: Intermediate
Black: Difficult
*Pass Required

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