

UFit Schedule

AUGUST 2021

August 2 - August 15

FITNESS + WELLNESS

MON	TUE	WED	THUR
CORE FOCUS 12:15p-12:45p Virtual Anne	CARDIO KICKBOXING 9:00a-9:45a Virtual Retta	STRONG NATION 5:30p-6:30p Studio 2 Martin	CARDIO KICKBOXING 9:00a-9:45a Virtual Retta
ZUMBA 5:30p-6:30p Studio 2 Martin	DANCE FITNESS 5:30p-6:30p Studio 4 Katherine		TOTAL BODY CONDITIONING 5:30p-6:30p Virtual Aquila
	TOTAL BODY CONDITIONING 5:30p-6:30p Virtual Aquila		

**FREE
TO
ATTEND!**

For your safety, we have:

- Increased cleaning and sanitation between classes
- Set maximum capacity for each class
- Established Activity Spaces to allow for proper social distancing guidelines

	Mind & Body
	Barre-Inspired
	Dance-Inspired
	Cardio-Strength
	Cycling
	Virtual

Scan here to view the live UFit schedule!



In-person UFit schedule is subject to change. Please be sure to review the live schedule in the UAB URec Calendar, in the Mobile App, or the Member Online Portal

Pre-Registration Required:



Scan here to watch how to pre-register

Scan here for the app and member portal:



iOS



Android



Member Portal