

UFit Schedule

JULY 2021

FITNESS + WELLNESS

MON	TUE	WED	THUR	FRI
CIRCUIT 8:00a-8:30a Virtual Martin	STRONG NATION 8:00a-9:00a Virtual Martin	CIRCUIT 8:00a-8:30a Virtual Martin	STRONG NATION 8:00a-9:00a Virtual Martin	CIRCUIT 8:00a-8:30a Virtual Martin
CORE FOCUS 12:15p-12:45p Virtual Anne	CARDIO KICKBOXING 9:00a-9:45a Virtual Retta		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			

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

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

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