

UFit Schedule

MAY 2021

FITNESS + WELLNESS

MON	TUE	WED	THUR	FRI	SAT
CIRCUIT 8:00a-8:30a Virtual Martin	STRONG NATION 8:00a-9:00a Virtual Martin	YOGA 8:00a-9:00a Studio 2 Elexia	STRONG NATION 8:00a-9:00a Virtual Martin	CIRCUIT 8:00a-8:30a Virtual Martin	STRONG NATION 8:00a-9:00a Virtual Martin
CORE FOCUS 12:15p-12:45p Virtual Anne	CARDIO KICKBOXING 9:00a-9:45a Virtual Retta	CIRCUIT 8:00a-8:30a Virtual Martin	CARDIO KICKBOXING 9:00a-9:45a Virtual Retta	<p>FREE TO ATTEND!</p> <p>For your safety, we have:</p> <ul style="list-style-type: none"> ► Increased cleaning and sanitation between classes ► Set maximum capacity for each class ► Established Activity Spaces to allow for proper social distancing guidelines 	
ZUMBA 5:30p-6:30p Studio 2 Martin	FIT BARRE 11:00a-12:00p Studio 2 Zorica		TOTAL BODY CONDITIONING 5:30p-6:30p Virtual Aquila		
	DANCE FITNESS 5:30p-6:30p Studio 4 Katherine		HIIT 45 6:30p-7:15p Studio 2 Savannah		
	TOTAL BODY CONDITIONING 5:30p-6:30p Virtual Aquila		HIP HOP 6:30p-7:30p Studio 4 Candace		

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

Scan here to find out about our May UFit!



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