

# WARHAWK FITNESS

## GROUP FITNESS SCHEDULE

### SPRING 2025



Monday	Tuesday	Wednesday	Thursday	Friday
MIND-BODY	CARDIO	CYCLING	STRENGTH	MASH-UP
	7:15a - 8a CYCLING (45 min)	7:15a - 8a CYCLING (45 min)		Flex Friday Schedule 11a - 1:30p
	3:15p - 3:30p CORE 360			
4p - 4:45p BARBELL STRENGTH	3:30p - 4p BELOW THE BELT	4p - 4:45p STEP	4p - 4:45p 30M HIIT + CORE 360	
4p - 5p CYCLING (60 min)	4p - 4:45p TOTAL BODY 45	4:45p - 5p CORE 360	4:45p - 5:30p GROUP STRENGTH + CORE 360	
4:45p - 5p CORE 360	4:45p - 5:30p SUSPENSION	5p - 5:45p BARBELL	5:30p - 6:15p TOTAL EXHAUST	
5p - 5:30p BELOW THE BELT	5:30p - 6p 30M HIIT	5:30p - 6:15 CYCLING (45 min)	5:30p - 6:15p CYCLING (45 min)	
5:30p - 6:15p STEP	6p - 6:15p CORE 360	5:45p - 6:30p 30M HIIT + CORE 360	6:15p - 7:15p YOGA	
5:30p - 6:30p CYCLING (60 min)	6p - 7p CYCLING (60 min)	6:30p - 7p BELOW THE BELT		
6:15p - 7P GROUP STRENGTH + CORE 360	6:15p - 6:45p ABOVE THE BELT	7p - 8p YOGA		
7p - 8p YOGA	6:45p - 7:45p YOGA			



DOWNLOAD THE UW-W REC SPORTS APP  
TO RESERVE YOUR SPOT IN ANY CLASS!  
\*CLASSES AVAILABLE 7 DAYS IN ADVANCED,  
SPACE IS LIMITED\*

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# WHAT TO EXPECT

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## **CLASS LOCATIONS:**

- ⇒ Williams Center Dance Studio
- ⇒ University Fitness Cycling Studio (Wells Hall Basement)
- ⇒ Class descriptions can be found on the Rec Sports webpage and in the REC SPORTS APP
- ⇒ No one is permitted to workout when the facility is closed and/or without staff present.

## **MEMBERSHIP/PASSES:**

- ⇒ Eligible passes to access group fitness and cycling classes are: Fitness Membership, Group Fitness and Cycling Pass, Gold Community Membership, Monthly Community Pass or daily guest pass. Age restrictions apply.

## **SCHEDULE:**

- ⇒ FLEX FRIDAY: Classes and Instructors will rotate weekly and be taught Fridays 11a - 1:30p, class dependent.
- ⇒ FLEX FRIDAY schedule begins on Friday, January 31st. See Flex Friday schedule for details.
- ⇒ Spring Break: No classes March 21st - 28th
- ⇒ Exam week schedule will be posted if applicable
- ⇒ Group Fitness and Cycling schedules are subject to change at any time, see the REC SPORTS APP for the most up to date schedule.

## **CLASS REGISTRATION/CHECK-IN:**

- ⇒ All classes are available for reservation through the REC SPORTS APP under GROUP FITNESS.
- ⇒ Classes are available up to 7 days in advance, space is limited and varies by class.
- ⇒ NO SHOWS are subject to penalty. Remove yourself from the class as needed prior to the class beginning.
- ⇒ Arrive at least 5 minutes early to get set up for the class to begin on time.
- ⇒ Cycling classes open up 15 minutes before class time for bike set-up. Bikes must be claimed 5 minutes before the class begins or the bike will be given away.
- ⇒ Late entry will not be permitted to any class.
- ⇒ No exit/re-entry permitted.

## **REQUIREMENTS:**

- ⇒ Shoes required unless it is a mind body class (yoga)
- ⇒ Shirts must cover full torso, backless shirts below the shoulder blades are not permitted. Shorts/pants should be free of belts, studs, rivets and zippers.
- ⇒ All Cycling classes require members to bring water to each class.
- ⇒ At the end of class, please clean and put away your equipment and exit the studio in a timely manner so the next class can start on time.
- ⇒ Taking photos and video during class is strictly prohibited.

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**FOLLOW REC SPORTS**

