



Spring 2021 GROUP FITNESS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday |
|----------------------|------------------------------|-----------------------|------------------------------|
| | | 7:15-7:45 AM Cycle | |
| 6:15-7PM Yoga | 6:15-7PM Zumba | 6:15-7PM Yoga | 6:15-7PM Zumba |
| 7:15-7:45PM Cycle | 7:15-7:45PM WU Workout | 7:15-7:45PM Cycle | 7:15-7:45PM WU Workout |

All formats are offered through Fitness On Demand (FOD)! Please sign up on the WU Rec app to reserve your spot!

- **Cycle** - Get your sweat In this 30 minute class. This class is geared towards all levels of cyclists. Enjoy lifts, climbs, and speed work as you cycle with a group.
- **Yoga** - A combination of stretching, strengthening, and relaxation. This class is great for anyone from beginner yogi to seasoned yogi.
- **Zumba** - A fitness class that combines Latin and international music with dance moves. Routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.
- **WU Workout** - This class integrates the vast library of Fitness On Demand to bring you a different workout every class. Participants can try multiple formats like Core, HIIT, Strength and much more!



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