



GROUP EXERCISE

FITNESS • FUN • FRIENDS

 **CARDIO**  **STRENGTH**  **STRETCH**  **YOGA**


MONDAY

QUICK FIT TOTAL BODY / 6:45–7:30 a.m. 


NIA / 11:30 a.m.–12:30 p.m.  

CORE STRENGTH & DYNAMIC FLEXIBILITY /
12:30–1:30 p.m. 

DEFINE YOURSELF / 5:30–6:15 p.m. 

IYENGAR YOGA / 6:15–7:30 p.m. 


TUESDAY

HATHA YOGA / 6:45–7:45 a.m. 

FLUIDITY BARRE METHOD / 11:30 a.m.–12:30 p.m. 

PILATES BALL & BAR / 5:30–6:30 p.m.  

WEDNESDAY

GROUP SPIN / 6:30–7:30 a.m. 


HATHA YOGA / 6:45–8 a.m. 

SPEED & AGILITY / 11:45 a.m.–12:30 p.m. 


BARREBEAT ^{NEW} / 12:30–1:15 p.m.  

THURSDAY

IYENGAR YOGA / 6:45–8 a.m. 

QUICK FIT TOTAL BODY / 11:45 a.m.–12:15 p.m. 

IYENGAR YOGA / 12:15–1:30 p.m. 

BARRE FIT / 6–6:45 p.m. 

FRIDAY

SPIN & STRENGTH / 6:30–7:30 a.m.  

BALL STRENGTH & MOBILITY / 11:30 a.m.–12:15 p.m.  

FLUIDITY BARRE METHOD / 12:15–1 p.m. 

HAPPY HOUR YOGA / 6–7:15 p.m. 

SATURDAY

RESTORATIVE YOGA / 9:30–10:45 a.m. 

*SPECIALTY CLASSES

Additional cost. Please inquire for details.

FLUID RUNNING / TUES / 5:30–6:15 p.m. 

YOGA FUNDAMENTALS / WED / 10–11:30 a.m. 

YOGA FUNDAMENTALS / THUR / 4:15–5:15 p.m. 

CARDIO

STRENGTH

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STRETCH

YOGA

For class details or to register, please contact
Group Exercise Director Nicole at morris@ucco.com.