

GROUP FITNESS CLASS SCHEDULE

For more info or to register contact Nicole Morris at 312.696.2292 or morris@ucco.com.

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

VINYASA FLOW YOGA / 6:30-7:30 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 AND AGILITY / 11:45 a.m.-12:30 p.m.

MULTI FIT / 5:30-6:30 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

ROAD WARRIOR / 6:30-7:30 a.m.

ESSENTIAL FLEXIBILITY / 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

YOGA SCULPT / 9:30-10:45 a.m.

SPECIALTY CLASSES*

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

YOGA FUNDAMENTALS / WED / 10-11:30 p.m.

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