<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td></td>
<td>SLOW FLOW</td>
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<td></td>
<td>9:00-9:50</td>
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<tr>
<td></td>
<td>Amy</td>
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<tr>
<td>BARRE</td>
<td>CARDIO CRUSH</td>
<td>TBC</td>
<td>YOGA SCULPT</td>
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<tr>
<td>12:00-12:50</td>
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<tr>
<td>Trista</td>
<td>Moriah</td>
<td>Ashlyn</td>
<td>Paige</td>
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<tr>
<td>TBC</td>
<td>SIMPLY STRENGTH</td>
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<td>4:00-4:50</td>
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<td>Paige</td>
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**GLUTES, CORE & MORE**

Tone and firm glutes and abs in this intense class!

**BARRE**

Try the latest workout craze. A blend of pilates, light weights and mat work. This class will provide a graceful and new way to strengthen and lengthen your entire body.

**TBC**

Cardio, strength and flexibility in this high energy class. Work up a sweat using a variety of equipment and conditioning techniques.

**YOGA SCULPT**

Strenth training with a yoga twist. All skill levels welcome. This workout will be surprisingly challenging yet calming.

**SLOW FLOW**

Gentle, relaxing postures designed to calm, restore and recharge.

**SIMPLY STRENGTH**

An entire class dedicated to strength training. Upbeat music and a variety of equipment will be sure to have your muscles smiling.

**YOGA FLOW**

Coordinated poses and breath flow at a moderate pace and difficulty.

**CARDIO CRUSH**

Challenge yourself with this cardio focused class. Format will include Tabata and HITT style workouts to get your heart pumping!
Classes are available In-Studio (limited to 11 to allow for 6 feet of separation) and Live Online via Zoom! In-studio participants must be symptom free. Masks are encouraged with the exception of high intensity cardiovascular movements. Zoom invites will be sent to all pass-holders after purchase of a pass.

We recommend bringing a personal yoga mat for floor work. The General Fitness Studio is located in SpHC 96.

FULL SEMESTER Group Fitness Pass

- Full Time Students: $35
- Part Time Students: $35
- Part Time Student w/o membership: $45
- Faculty/Staff: $55

Sep 8 - Nov 25
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