

Group Fitness

Spring 2019
January 22–May 3

MONDAY	Time	Class	Instructor
	6:20–7:20am	Spin (SpHC 33)	Christiana
	10:00–10:50am	TBC	Bridget
	12:00–12:50pm	TBC	Trista
	4:00–4:50pm	Circuit Training	Hannah S.
	5:00–5:50pm	Glutes, Core & More	Maddy
	6:00–6:50pm	Yoga Sculpt	JoJo
TUESDAY	Time	Class	Instructor
	12:00–12:50pm	Med Ball Power	Brynna
	4:00–4:50pm	Zumba	Heidi
	5:00–5:50pm	Yoga Sculpt	Rachel
	6:00–6:40pm	Tabata	Ariel
	7:00–8:00pm	Ladies Who Lift (SpHC 33, FREE!)	Kristy & Moriah
WEDNESDAY	Time	Class	Instructor
	6:20–7:20am	Spin (SpHC 33)	Christiana
	11:00–11:50am	Warrior Wednesday	Maddy & Hannah G.
	12:00–12:50pm	Bulldog Barre	Trista
	5:00–5:50pm	TBC	Hannah S.
	6:00–6:50pm	Warrior Wednesday	Moriah
THURSDAY	Time	Class	Instructor
	12:00–12:50pm	Zumba	Heidi
	4:00–4:50pm	TBC	Rachel
	5:00–5:50pm	Rock Solid	Brynna
	6:00–6:50pm	Bootcamp	Kristy
FRIDAY	Time	Class	Instructor
	12:00–12:50pm	Glutes, Core & More	Hannah S.
	12:00–12:50pm	Spin (SpHC 33)	Trista
	4:00–5:00pm	Happy Hour	Rotating

The General Fitness Studio is located in SpHC 96. The Spin Studio is located in SpHC 33.

1ST WEEK FREE! CLASSES START 1/22



The Group Fitness Program is for both UMD folks & community. The 1st week is free! Classes start January 22 and continue to the end of the semester. Watch for our special finals week schedule. All of our instructors are nationally certified and highly motivated.

GLUTES, CORE & MORE

Tone and firm glutes and abs in this intense class!

BULLDOG BARRE

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

HAPPY HOUR

Classes formats will alternate week to week. What a great way to jump start the weekend. Come with a friend. Class is FREE. First come, first serve.

WARRIOR WEDNESDAYS

Consider this your mid-week challenge. Fusion of partner drills, strength challenges, and even some yoga poses to round out this warrior worthy workout!

SPIN

Pedal your way to better fitness in this non-impact cycling class followed by a short core segment at the end of class. All skill levels welcome.

TOTAL BODY CONDITIONING (TBC)

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

ROCK SOLID

Shed fat and boost your metabolism in this athletic based conditioning class.

BOOTCAMP

An intense workout to build stamina, strength and endurance that combines sports training and military drills with calisthenics to give you the ultimate burn!

TABATA

High intensity interval training at its best. Eight rounds of cardio bliss(20 seconds on, 10 seconds off).

CIRCUIT TRAINING

Using a variety of equipment and methods, this athletic based class will lead you through a series of circuits to deliver a top-notch and challenging workout.

YOGA SCULPT

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

MED BALL POWER

Strengthen core, increase flexibility, and improve tone using a weighted med ball.

LADIES WHO LIFT

Designed for women who want to learn or perfect their weight training technique. Held in our private personal training studio, this is the perfect chance to learn lifting basics in a comfortable, supportive environment. Come to one session or several!

ZUMBA™

Fusing dance rhythms with cardio and strength training. Super Fun!

UMD

Recreational Sports Outdoor Program

UNIVERSITY OF MINNESOTA DULUTH
Driven to Discover™

FULL SEMESTER GROUP FITNESS PASS

Allows access to over 20 Group Fitness classes per week.

Full Time Students	\$55
Part Time Students	\$55, \$70 w/o membership
Faculty/Staff	\$75
Community	\$150
Day Pass:	\$10

Faculty & Staff can purchase an Annual Pass for \$140

Discounted Pass begins March 12: \$38 Students/\$50 Faculty & Staff/\$90 Community

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UMD Fitness Team

