

Group Fitness *Spring '21*

All classes will be offered virtually. No in-studio classes.

FREE for all UMD students, faculty and staff / \$40 for community members

Register online at: z.umn.edu/GroupFitnessPass

A Zoom link will be emailed to you along with your registration receipt.

Registration is ongoing.

Equipment Kits for Rent: A small number of group fitness exercise equipment kits will be available through the RSOP Rental Center. Kits include: one set of hand weights, one pilates ball and one exercise band. Cost: \$30

UMD

Recreational Sports
Outdoor Program

UNIVERSITY OF MINNESOTA DULUTH
Driven to Discover



January 25 - April 29

Sphc 153 • 218.726.7128 • umdrsop.org



UMD Fitness Team



[umdfitnessteam](https://www.instagram.com/umdfitnessteam)

Group Fitness *Spring '21*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	CORE & YOGA EXPRESS 8:00-8:30 Paige		CORE & YOGA EXPRESS 8:00-8:30 Moriah
		TBC 11:05-11:45 Trista	
TBC-STRENGTH BOOST 12:00-12:45 Paige	TBC-CARDIO BOOST 12:00-12:45 Ashlyn	YOGA FLOW 12:00-12:45 Amy	BARRE 12:00-12:45 Trista
GLUTES CORE & MORE 4:00-4:45 Ashlyn		CARDIO CRUSH 4:00-4:45 Moriah	
	SLOW FLOW 6:00-6:45 Amy		

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 TBC-STRENGTH BOOST TBC-CARDIO BOOST

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

SLOW FLOW

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

CORE & YOGA EXPRESS

Start your day off with the perfect balance of core conditioning and awakening yoga poses.

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 begin January 25

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