



**PAPAGO FITNESS CENTER, Building 48**

**JUNIPER FITNESS CENTER, Building 84**

**LOPES PERFORMANCE CENTER (Second Floor)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H.I.T.T. 7 - 8 am	Yoga 7 - 8 am	H.I.T.T. 7 - 8 am	Yoga 7 - 8 am	Reset Yoga & Mindfulness 10 - 11 am
Yoga Noon - 1 pm	Yoga 9 - 10 am	Power Yoga Noon - 1 pm	Yoga 9 - 10 am	Yoga Nidra 10 - 11 am
H.I.T.T. 5 - 6 pm	Intro to CrossFit 9 - 10 am	H.I.T.T. 5 - 6 pm	Strength & Conditioning 10 - 10:45 am	DOITFORYOU 5 - 6 pm
Ladies Sculpt 5 - 6 pm	Cardio Core 10 - 10:45 am	Ladies Sculpt 5 - 6 pm	Zumba 5:30 - 6:30 pm	Tabata 5 - 6 pm
DOITFORYOU 5 - 6 pm	Glutes & Abs 10 - 11 am	DOITFORYOU 5 - 6 pm	Ladies Sculpt 6 - 7 pm	Quick Abs 6 - 6:30 pm
Zumba 6:30 - 7:30 pm	Reset Yoga & Mindfulness 3 - 4 pm	Zumba 5:30 - 6:30 pm	R3BEL Dance 7 - 8 pm	
	REB3L Dance 5 - 6 pm	Zumba 6:30 - 7:30 pm	Body Sculpt 7 - 7:45 pm	
	Zumba 5:30 - 6:30 pm	REB3L Dance 6 - 7 pm		
	Zumba 6:30 - 7:30 pm			
	Body Sculpt 7:30 - 8:15 pm			

## GCU GROUP FITNESS: CLASS DESCRIPTIONS

### CARDIO & DANCE

**REB3L DANCE:** A high-energy, 60-minute dance class that's open to everyone. The music, lights and intensity will get you in the mood for fun and fitness!

**ZUMBA:** Interval training session with fast and slow rhythms. Additional resistance training is combined to tone and sculpt your body while burning fat.

### CARDIO & STRENGTH

**LADIES SCULPT:** This 60-minute session offers full-body sculpt training for the girls using body weight, dumbbells and kettlebells.

**BODY SCULPT:** A fun and challenging class targeting all major muscle groups. It will help you burn fat and improve muscle definition.

**TABATA:** A high-intensity interval training (H.I.T.T.) workout, featuring individual exercises that last four minutes each.

**H.I.T.T.:** Incorporate high-intensity intervals while reducing fat and increasing strength and flexibility in this class. For all fitness levels.

**SPIN CLASS:** Target all major muscle groups to improve strength and definition utilizing spin bikes. For all fitness levels.

### STRENGTH & CORE

**CARDIO CORE:** This 45-minute class helps shed body fat while building a solid core by utilizing your body weight.

**INTRO TO CROSSFIT:** This class consists of functional exercises that tighten your core and increase strength, endurance and mobility.

**GLUTES & ABS:** A 45-minute calorie scorching, strength-building workout using weights and resistant bands to sculpt your legs, abs and glutes.

**QUICK ABS:** Target your abs in this quick 30-minute core workout!

**STRENGTH & CONDITIONING:** This 45-minute class builds muscle and strength while improving overall athletic ability.

**DOITFORYOU:** Learn how to exercise and love doing it in this comfortable, introductory class environment.

### YOGA

**RESET YOGA & MINDFULNESS:** Focus on vinyasa flow, restorative moves and full-body mobility in this 60-minute yoga class.

**POWER YOGA:** This practice combines breathing with movement. Light dumbbells, resistance bands and blocks are incorporated in a way that's invigorating and challenging.

**YOGA NIDRA:** This yoga class consists of visualization that induces deep relaxation between waking and sleeping. It's great for healing, stress relief and giving the mind/body a total reset.

