

VIRTUAL GROUP EX

FALL 2020
BEGINS AUG.26
LIVE VIA TEAMS

	MON	TUES	WED	THURS	FRI
8:45-9:00 AM		SUNRISE STRETCH & SWEAT		SUNRISE SURPRISE	
9:30-10:00 AM	CIRCUIT EXPRESS				
11:00-11:30 AM	YOGA				
11:15-12:00 PM		TABATA*		STRENGTH & TONE	
1:00-1:50 PM	NASA NAP*		NASA NAP*		
3:00-4:00 PM	REC MOVEMENT SPOTLIGHT	ZUMBA	REC MOVEMENT SPOTLIGHT		REC MOVEMENT SPOTLIGHT
4:00-5:00 PM				YOGA	
5:00-5:30 PM	MIXXEDFIT		MIXXEDFIT		
5:30-6:25 PM		CORE MANIA*			

CHECK OUT THESE WEEKLY PRERECORDED CLASSES:

CORE MANIA*	MIXXEDFIT 1
PULSE STRONG	YOGA
HIIT THE DECK	MIXXEDFIT 2

ALL CLASSES ARE FREE. CLASSES WILL BE VIRTUAL FOR THE START OF THE SEMESTER. NEW PRERECORDED CLASSES WILL BE AVAILABLE EACH WEEK. PLEASE ACCESS CLASS LINK VIA THE WEBSITE, UTA.EDU/CAMPUSREC. CLASSES WILL NOT REQUIRE EQUIPMENT AND ARE DESIGNED TO BE DONE AT HOME.



CLASSES

CIRCUIT EXPRESS

IT'S LIKE A GAME OF MUSICAL CHAIRS: EVERYONE BEGINS AT A STATION (THAT IS, A PLACE WHERE AN EXERCISE IS DONE), AND WHEN THE INSTRUCTOR YELLS "TIME!" EVERYONE MOVES TO THE NEXT STATION OF THE CIRCUIT.

CORE MANIA

READY TO CRUSH YOUR MIDSECTION? THIS CLASS WILL EASE YOU INTO WORKING AND TONING YOUR CORE MUSCLES AND KEEP YOU MOTIVATED AS YOU DO INTENSE EXERCISES.

HIIT THE DECK

IS A HIGH INTENSITY INTERVAL TRAINING WORKOUT THAT WILL CHALLENGE YOUR FITNESS WHILE TAKING YOU TO THE NEXT LEVEL. THIS WORKOUT WILL BUILD YOUR CARDIOVASCULAR FITNESS WHILE IMPROVING STRENGTH, BUILDING LEAN MUSCLE, AND MAXIMIZING YOUR CALORIE BURN.

MIXXEDFIT

IS A PEOPLE-INSPIRED FITNESS PROGRAM THAT COMBINES EXPLOSIVE DANCE MOVEMENTS WITH BODYWEIGHT TONING. GET READY TO DANCE TO THE TOP 40, POP, R&B, HIP HOP, ROCK, REGGAE, AND EVERYTHING IN BETWEEN. THE DANCE MOVES ARE REPETITIVE THAT WAY YOU CAN MAXIMIZE YOUR WORKOUT.

NASA NAP

FEELING LOW ON SLEEP OR ENERGY? A QUICK NASA NAP CAN HELP YOU COMBAT THE WAY YOU ARE FEELING. THIS CLASS WILL START BY A 5-MINUTE GUIDED MEDITATION FOLLOWED BY A 22-MINUTE NAP. THIS CLASS WILL HELP ALLEVIATE THE SLEEP DEFICIT AND BOOST YOUR BRAIN. BASED ON THE SCIENCE OF NASA RESEARCHERS.

PULSE STRONG

IS A FUN AND ENERGETIC 30-MINUTE WORKOUT THAT FUSES BEAT DRIVEN MOVES AND RESISTANCE BANDS TO STRENGTHEN ZONES OF THE BODY WHILE CHALLENGING COORDINATION, BALANCE, AND TENACITY! COME JOIN US AND PULSE YOUR WAY TO A STRONGER YOU

REC MOVEMENT SPOTLIGHT

JOIN US EACH WEEK AS WE SPOTLIGHT FUN AND NEW CLASSES FROM DIFFERENT UNIVERSITIES ACROSS THE US. MAKE SURE TO JOIN US AT THE RECREATION MOVEMENT WEBSITE (GO.UTA.EDU/FITNESS) TO ACCESS THESE EXCITING NEW CLASSES.

STRENGTH & TONE

A GREAT CLASS THAT WILL USE A VARIETY OF BODYWEIGHT EXERCISES THAT WILL TONE, STRENGTHEN YOUR ENTIRE BODY. THIS CLASS WILL HAVE YOU SWEATING HARD AND FEELING ACCOMPLISHED.

SUNRISE STRETCH & SWEAT

START YOUR MORNING OFF RIGHT WITH THIS QUICK 15-MINUTE CLASS. YOU'LL GO THROUGH A SLOW STRETCHING SEQUENCE TO GET YOUR MUSCLES READY FOR THE DAY. MAKE SURE TO FOLLOW CAMPUS REC ON INSTAGRAM (@UTACAMPUSREC) TO JOIN IN THIS FUN CLASS.

SUNRISE SURPRISE

NEED A MOTIVATING WAY TO START YOUR DAY? THIS CLASS WILL INCORPORATE A COMBINATION OF CARDIO AND STRENGTH TO GET YOUR ENDORPHINS GOING IN THIS QUICK 15-MINUTE CLASS. WITH A DIFFERENT FORMAT EACH WEEK, YOU'LL BE ABLE TO TRY A WIDE VARIETY OF CLASSES IN A SHORT AMOUNT OF TIME. MAKE SURE TO FOLLOW CAMPUS REC ON INSTAGRAM (@UTACAMPUSREC) TO JOIN IN THIS FUN CLASS.

TABATA

TORCH FAT AND BUILD MUSCLE WITH THIS HIGH INTENSITY INTERVAL TRAINING CLASS, WHERE EXERCISES ARE BROKEN INTO 20 SECONDS WORK, 10 SECONDS REST INTERVALS, LASTING FOR 4-MINUTE ROUNDS.

YOGA

THIS MIND AND BODY CLASS UTILIZES YOGA MOVEMENTS TO IMPROVE YOUR FLEXIBILITY, POSTURE, STRENGTH, AND BALANCE. BRINGING ATTENTION AND FOCUS TO YOUR BREATH WHILE CONTINUOUS FLOWING FROM ONE POSTURE TO THE NEXT. WITHIN EACH POSTURE, YOU CREATE HEAT WHILE RELIEVING STRESS AND RELAXING YOUR MIND.

ZUMBA

GET READY TO PARTY YOURSELF INTO SHAPE! THIS EXHILARATING, EASY-TO-FOLLOW, LATIN-INSPIRED, CALORIE-BURNING DANCE FITNESS-PARTY™ WILL MOVE YOU!