

UIC DROP-IN GROUP FITNESS

Fall 2017
8/28/17- 12/8/17

Student Recreation Facility 737 S. Halsted St.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-8:00am Cycle Jaime Spin Suite		7:00-8:00am Cycle Jaime Spin Suite		
12:00-12:45pm Cycle Express Kara Spin Suite		12:00-1:00pm Dance Fit Stephanie Multipurpose Suite	12:00-12:45pm Cycle Express Kara Spin Suite	12:00-1:00pm Bootcamp Wallace Mac Gym	11:00am-12:00pm WERQ Jaya Multipurpose Suite
	2:00-2:55pm Circuit Fit Nuha Multipurpose Suite		2:00-2:50pm Circuit Fit Kiyana Multipurpose Suite		
3:00-4:00pm RIP Nuha Multipurpose Suite		3:00-4:00pm RIP Nuha Multipurpose Suite			
4:30-5:15pm Cycle & Core Jenna Spin Suite	5:45-6:45pm Cycle Ashley Spin Suite	4:30-5:15pm Cycle & Core Jenna Spin Suite	5:00-5:55pm Flow Natalie Multipurpose Suite	4:30-5:30pm Dance Fit Mohana Multipurpose Suite	
5:30-6:30pm WERQ Amber Multipurpose Suite	6:00-6:55pm Dance Fit Sudipti Multipurpose Suite	4:30-5:30pm Dance Fit Mohana Multipurpose Suite	5:45-6:45pm Cycle Ashley Spin Suite		
	7:00-8:15pm Flow Kaushik Multipurpose Suite		6:00-6:55pm Dance Fit Sudipti Multipurpose Suite		

Sport & Fitness Center 828 S. Wolcott Ave.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15-7:15am Cycle Marta Fitness Room 2		6:15-7:15am Cycle Marta Fitness Room 2		
12:00-1:00pm Dance Fit Mohana Fitness Room 2	12:00-1:00pm Total Body Workout Wallace Fitness Room 2	12:00-1:00pm Cycle & Core Shannon Fitness Room 2	12:00-1:00pm Core & Restore Alison Fitness Room 1	12:00-1:00pm WERQ Jey Fitness Room 2	
5:00-5:45pm Cycle Express Shannon Fitness Room 2	12:00-1:00pm WERQ Jey Fitness Room 1		1:15-2:00pm Cycle Express Raquel Fitness Room 2		
6:00-6:45pm Bootcamp Shannon Fitness Room 2	1:15-2:00pm Cycle Express Raquel Fitness Room 2	6:00-7:00pm Dance Fit Jaya Fitness Room 2	6:00-7:00pm WERQ Amber Fitness Room 1	4:30-5:30pm BollyX Jaya Fitness Room 2	
	5:00-6:00pm WERQ Laurene Fitness Room 2				

CLASS DESCRIPTIONS

BollyX: BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and motivated.

Bootcamp: This class is for anyone looking for a fun and challenging workout. Instructors will incorporate interval training, circuit stations, and athletic drills. Basic body-weight and resistance exercises, coupled with bursts of cardio will ensure a balanced workout guaranteed to make you sweat!

Circuit Fit: This combination of strength and cardiovascular exercise circuit class will help you reach your fitness goals.

Core & Restore: This class will begin with building strength in the core and then will transition into stretching and relaxing for a complete mind/body class.

Cycle & Core: This exciting combo class starts with a traditional cardiovascular cycling class and will finish with core work!

Cycle Express: 40-50 minutes of action packed cycling. Designed for those who are short on time, but high on motivation! Get ready for a great ride!

Cycle: This hour long cycle class will take your cardiovascular training to the next level. The energizing music and motivational coaching will help you reach your goals!

Dance Fit: Burn calories and tone your body in this class that combines different dance styles into a great workout. Get fit while having a blast!

Flow: This class will use the flow of your breath to flow between stretches and postures that will help bring strength, balance and mindfulness to your workout.

RIP: RIP is a barbell strength training program and delivers the results you are looking for. Each workout incorporates functional training through every plane of movement to great music!

Relax & Restore: A meditation and relaxation class that will use breathing techniques and restorative poses to calm the mind and body. Restorative poses are gentle twists, folds and back bends designed to settle the body and restore it to a balanced state.

Total Body Workout: Have only an hour to get your workout in? No problem! This high intensity class combines various types of cardio and strength training exercises to firm you up and slim you down! An excellent full body workout followed by core training.

WERQ: WERQ is the fiercely fun dance fitness class based on pop, rock and hip hop music. Get ready to sweat and have a blast at WERQ!

Drop-In Group Fitness classes are FREE to UIC Students and Campus Rec Members!

There will be no drop-in group fitness classes on September 4 and November 22-25. There will be a special group fitness schedule for finals week, December 11-15.

The schedule is subject to change. Follow us on social media for up-to-date program information.

Group Fitness Policies:

-Drop-in classes are on a first-come, first-serve basis.

-Please arrive early to RIP and Cycle classes for set-up.

-Please arrive within the first 5 minutes of class for your own safety.

-Please wear appropriate workout attire and athletic shoes.

-A minimum of three participants is required for class to be held.

Interested in teaching group fitness? Email fitness@uic.edu for more information. A Group Fitness Instructor Workshop will be held on Saturday, October 7 from 9:30am to 5:30pm. Register online at www.rec.uic.edu.

Don't Miss These Special Events!

REC FEST-Thursday, August 31 from 4-7pm at the Outdoor Fields Complex.

Halloween Dance Party--Monday, October 30 from 5-6pm at the SRF Multipurpose Suite.

Reel Rock--Thursday, November 9 in the SRF Lobby.

Toys For Tots Dance-a-thon-Monday, November 13 from 5-7pm at the SRF