

# UIC DROP-IN GROUP FITNESS

Spring 2018  
1/16/18-5/4/18

## Student Recreation Facility 737 S. Halsted St.

Monday	Tuesday	Wednesday	Thursday	Friday
12:00-12:45pm Cycle Express Hariraj Spin Suite	12:30-1:15pm Cycle Express Ashley Spin Suite	12:00-1:00pm Relax & Restore Paridhi Multipurpose Suite	12:30-1:15pm Cycle Express Ashley Spin Suite	12:00-12:45pm Cycle Sculpt Kiyana Spin Suite
3:00-3:30pm AXIS Giovanna Multipurpose Suite		12:00-12:45pm Cycle Express Hariraj Spin Suite		12:00-1:00pm Bootcamp Wallace MAC Gym
3:30-4:30pm Flow Giovanna Multipurpose Suite	4:10-4:55pm Circuit Fit Giovanna Multipurpose Suite	3:10-3:50pm Dance Fit Stephanie Multipurpose Suite	4:10-4:55pm Circuit Fit Giovanna Multipurpose Suite	1:15-2:00pm Circuit Fit Kiyana Multipurpose Suite
4:45-5:40pm Boxing HIIT Amin Multipurpose Suite	4:15-5:00pm Cycle Express Mohana Spin Suite	5:00-5:45pm Cycle Express Jaime Spin Suite	5:00-5:55pm Flow Courtney Multipurpose Suite	4:00-5:00pm Relax & Restore Manaswi Mind Body Suite
5:45-6:45pm RIP Nuha Multipurpose Suite	5:00-5:55pm Relax & Restore Paridhi Multipurpose Suite	5:15-5:45pm AXIS Lynne Multipurpose suite		4:30-5:30pm Cheer Cardio Taylor Multipurpose Suite
6:00-7:00pm Cycle & Core Jenna Spin Suite	6:00-7:00pm WERQ Jaya Multipurpose Suite	6:00-7:00pm Cycle & Core Jenna Spin Suite	6:00-7:00pm Cycle & Core Jenna Spin Suite	5:45-6:45pm RIP Nuha Multipurpose Suite

## Sport & Fitness Center 828 S. Wolcott Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am AXIS Nuha Fitness Room 2	6:15-7:15am Cycle Marta Fitness Room 2		6:15-7:15am Cycle Marta Fitness Room 2	8:00-8:30am AXIS Nuha Fitness Room 2
12:00-1:00pm HIIT Joe Fitness Room 2	12:00-1:00pm Total Body Workout Wallace Fitness Room 2	12:15-1:15pm Core & Restore Alison Fitness Room 1	11:30-12:30pm HIIT Joe Fitness Room 2	12:00-1:00pm WERQ Amber Fitness Room 1
	12:00-1:00pm WERQ Jey Fitness Room 1	1:00-1:45pm* Cycle Express Raquel Fitness Room 2		12:00-12:45pm Cycle Express Mohana Fitness Room 2
5:15-6:15pm WERQ Amber Fitness Room 2	5:00-6:00pm WERQ Laurene Fitness Room 2	5:15-6:15pm Bolly X Jaya Fitness Room 1	6:00-7:00pm WERQ Jey Fitness Room 1	

## CLASS DESCRIPTIONS

**AXIS:** Axis is a 30 minute focus on your foundation-the core. Create core stability, mobility, strength and power. Move like you never have before.

**BollyX:** BollyX is a high intensity Bollywood Cardio workout! Move to the heart pumping beats of Bollywood, get ready to feel that muscle burn and unleash your inner swagger.

**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!

**Boxing HIIT:** This class will focus on basic boxing fundamentals. It will encompass shadow boxing, mitt drills, and an intense interval training workout at the end to boost your heart rate and increase your conditioning.

**Cheer Cardio:** Cheer your way to fun & fitness! Cheer Cardio is a class with Cheer inspired workouts. There will be call and response, cheer techniques, and jumps. Get ready to have school spirit! Poms will be provided!

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

**Core & Restore:** This class incorporates heat building floor exercises using minimal equipment to fire up the core, work on balance and strengthen the body, finishing with deep stretching and relaxation. Expect to feel lean, toned and rejuvenated when you leave!

**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!

**Cycle Sculpt:** This class will incorporate 30 minutes of cycling and 10 minutes of upper body and core conditioning to round out your workout!

**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 connect stretches and postures that will help bring strength, balance, and flexibility to your workout.

**HIIT:** This class is a HIIT! High Intensity Interval Training will help keep your heart pumping and blasting calories.

**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!

There will be no drop-in group fitness classes March 26-30 for spring break. There will be a special group fitness schedule for finals week, May 7-11.

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](mailto:fitness@uic.edu) for more information. A Group Fitness Instructor Workshop will be held on Saturday, February 17 from 9:30am to 5:30pm. Register online at [www.rec.uic.edu](http://www.rec.uic.edu).

Join us for Rec Live on Thursday, January 18, 2018 from 4-6pm at the Student Recreation Facility. Here is the group fitness class line-up for Rec Live

- 4:15-4:45pm AXIS
- 5:00-6:00pm Flow
- 5:15-6:00pm Cycle Express

\*Please note-The Cycle Express class on Wednesdays at 1pm at the Sport & Fitness Center will have a few changes.

January 17th	2:00-2:45pm
January 31st	1:30-2:15pm
February 14th	1:30-2:15pm
March 7th	1:30-2:15pm
April 11th	1:30-2:15pm