

# FREE UIC DROP-IN GROUP FITNESS

Summer 2020  
July 13-August 7

## Student Recreation Facility 737 S. Halsted St.

Monday	Tuesday	Wednesday	Thursday	Friday
5:15-6:15pm Cycle Jesba MPR-B	5:15-6:15pm Cycle Jesba MPR-B	5:15-6:15pm Cycle Jesba MPR-B		

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

Monday	Tuesday	Wednesday	Thursday	Friday
		6:00-7:00pm Flow Daniel Fitness Room 1 no class 7/22	7:30-8:30am Flow Jordan Fitness Room 1	

## VIRTUAL CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:00pm Core Training Rachel no class 8/3	12:00-1:00pm Flow Sarah	4:30-5:00pm Core Training Rachel no class 8/5	12:00-1:00pm Flow Sarah	
5:15-6:00pm HIIT Rachel no class 8/3		5:15-6:00pm HIIT Rachel no class 8/5		5:30-6:15pm Shadow Alex
5:30-6:15pm Shadow Alex	5:00-6:15pm Flow Cissy	5:30-6:15pm Shadow Alex	5:00-6:15pm Relax & Restore Sabrina	
6:00-6:45pm Body Weight Workout Corinne				

Register in advance to reserve your spot in class with [IMLeagues.com/UIC](https://IMLeagues.com/UIC).

Get your class link and password by registering on [IMLeagues.com](https://IMLeagues.com)

## ON-DEMAND CLASSES

Need a class on your schedule? Be sure to check out these recorded and on-demand group fitness classes.  
[www.rec.uic.edu/fitness-wellness/drop-in-fitness/](http://www.rec.uic.edu/fitness-wellness/drop-in-fitness/)  
[www.F45Challenge.com](http://www.F45Challenge.com)  
[www.2020recreationmovement.com](http://www.2020recreationmovement.com)

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## CLASS DESCRIPTIONS

**Core**-Strengthen your hips, abs, low back and glutes in this core focused class.

**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!

**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.

**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.

**Shadow**-Punch and kick your way through this high intensity interval boxing style class.

## GUIDELINES & POLICIES

- Participants should arrive within the first 5 minutes of class to be admitted for your safety.
- Please bring your own yoga mat and towel.
- Proper attire and clean, closed toe, and closed heel athletic shoes are required (except in mind-body classes)
- A minimum of three participants is required for class to be held.
- Participants should be 18 or over.
- Only participants in the class should be in the program area
- Fitness equipment is used for its intended purpose and remains in the studio. Participants are responsible for cleaning and returning all equipment used during class to the appropriate storage space.
- Personal belongings can be stored in the cubbies on the wall. Securing personal items in lockers is strongly recommended.
- Workout at an intensity that is comfortable for your fitness level. Classes are not competitions-please work towards your own personal goals.
- Water in sealable containers are allowed. Other beverages and food are not allowed in studio spaces.
- For your safety, please refrain from talking or texting on your phone once class begins. Please ensure that stored phones are on silent.
- If you have any injuries or need a modification, please talk to the instructor before class begins.
- Classes are subject to change and may be canceled at any time. Instructor substitutions may occur without notice.
- The instructor reserves the right to ask a participant to leave should these policies not be followed.

## COVID-19 POLICIES

- Adhere to the Campus Recreation COVID-19 Protocol when visiting the Rec Center.
- Stay at home if you are sick or show symptoms of COVID-19.
- Wash and sanitize your hands frequently.
- Practice physical distancing of at least 6 feet from others.
- Clean exercise equipment before and after use.
- Face coverings are **REQUIRED** while moving throughout the facility and while participating in Drop-In Fitness classes.
- Read Assumption of Risk Statement before participating in Campus Recreation online offerings.