### GROUP FITNESS DROP-IN CLASSES

Get fit, have fun and maximize your workout

**Fall 2015: August 24-December 4**

Updated 8/24/15

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<th>Monday</th>
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<tr>
<td>12:10-1:00 pm&lt;br&gt;Cycle Express&lt;br&gt;Danny&lt;br<em>Spin Suite</em></td>
<td>3:00-4:00 pm&lt;br&gt;Dance Fit&lt;br&gt;Mireya&lt;br<em>Multipurpose Suite</em></td>
<td>12:10-1:00 pm&lt;br&gt;Cycle Express&lt;br&gt;Jon&lt;br<em>Spin Suite</em></td>
<td>12:10-1:00 pm&lt;br&gt;Cycle Express&lt;br&gt;Aasha&lt;br<em>Spin Suite</em></td>
<td>12:00-1:00 pm&lt;br&gt;Bootcamp&lt;br&gt;Wallace&lt;br<em>Mac Gym</em></td>
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<td>5:00-6:00 pm&lt;br&gt;Bootcamp&lt;br&gt;Jonas&lt;br<em>Multipurpose Suite</em></td>
<td>5:30-6:30 pm&lt;br&gt;Cycle&lt;br&gt;Sara&lt;br<em>Spin Suite</em></td>
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<td>6:30-7:30 pm&lt;br&gt;Step N Core&lt;br&gt;Kara&lt;br<em>Fitness Room 2</em></td>
<td>7:00-8:00 am&lt;br&gt;Dance Fit&lt;br<em>Dede&lt;br</em>Fitness Room 2*</td>
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<td>5:00-6:00 pm&lt;br&gt;Multipurpose Suite*</td>
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<td>5:00-6:00 pm&lt;br&gt;WERQ&lt;br&gt;Dede&lt;br<em>Fitness Room 2</em></td>
<td>5:00-6:00 pm&lt;br&gt;Total Body Workout&lt;br&gt;Wallace&lt;br<em>Fitness Room 2</em></td>
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**Sport & Fitness Center, 828 S. Wolcott Ave.**

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<td>12:00-1:00 pm&lt;br&gt;Total Body Workout&lt;br&gt;Wallace&lt;br<em>Fitness Room 2</em></td>
<td>12:00-1:00 pm&lt;br&gt;Strengthen &amp; Lengthen&lt;br&gt;Amanda&lt;br<em>Fitness Room 2</em></td>
<td>12:00-1:00 pm&lt;br&gt;HIIT&lt;br&gt;Kara&lt;br<em>Fitness Room 2</em></td>
<td>12:30-1:00 p.m.&lt;br&gt;Werq&lt;br<em>Kara&lt;br</em>Fitness Room 2*</td>
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<td><em>WERQ &amp; Dance Fit are canceled on September 3 &amp; 8th.</em></td>
<td>5:00-6:00 pm&lt;br&gt;WERQ &amp; Dance Fit are canceled on September 3 &amp; 8th.*</td>
<td><em>There will be no HIIT on September 24 &amp; October 29th.</em></td>
<td>5:00-6:00 pm&lt;br&gt;WERQ &amp; Dance Fit are canceled on September 3 &amp; 8th.*</td>
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Free! All Group Fitness Drop-In classes are on a first come, first serve basis. This schedule is subject to change.

There will be no classes on September 7 and November 25-27. There will be a special schedule for finals week.

We encourage you to like our Facebook page (UIC Campus Rec) or follow us on Twitter (UICCampusRec) for up-to-date information on our programs and facility.

If you have questions or comments regarding a group fitness program, please email fitness@uic.edu.

Do you want to be a group fitness instructor? Email fitness@uic.edu for more details.
**UIC CAMPUS RECREATION DROP-IN CLASS DESCRIPTIONS:**

*Group Fitness Drop-In classes are FREE to UIC students and members of the Campus Recreation facilities. Some classes are limited due to equipment and space requirements. All classes are on a first come, first serve basis. Classes vary per semester and are offered at both the Student Recreation Facility and the Sport & Fitness Center. Visit recreation.uic.edu for current class schedule and more information.*

**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!

**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!

**Cycling:** This hour long cycling class is guaranteed to make you sweat. Build cardiovascular endurance while climbing hills and racing on flat roads.

**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!

**Flex:** This is a simple, easy-to-follow, yet demanding class that will tone up every major body part, including those muscles sometimes forgotten about! Equipment options for this class may include: the step, stability balls, dumbbells, bands and bars, used with controlled and slow movements to tone and strengthen.

**Hard Core:** Get ready to strengthen your core and tighten your abs for better functional strength with this class. Focusing on the abdominals, obliques, and lower back muscles, you will challenge the powerhouse of your body in just 30 minutes!

**HIIT:** Are you ready to HIIT your workout? HIIT stands for high intensity interval training which can jumpstart any fitness program. The class will be a full body workout with intervals of higher intensity full body and cardiovascular conditioning.

**Step N Core:** This class will use step moves to keep the heart rate up. The class will finish with 15 minutes of core strengthening exercises using gliding discs, balls and more!

**Strengthen & Lengthen:** Find center and balance midday to restore your body and mind. In this Pilates-inspired mat class, you will be challenged at any level, and you will gain strength, flexibility and body awareness.

**Synergy:** Synergy 360 takes your workout into a functional training workout incorporating muscle strength and endurance, cardiovascular intervals, and core and flexibility training. Using the Synergy 360 equipment, circuit training stations will be set up using TRX, kettlebells, medicine balls, boxing, battle ropes, body weight training and more. Sign up in advance at the Sport & Fitness Center Membership Desk.

**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!

Krank Up your work out! Come check out our Krank cycles during any cycling or cycle express class!