

GROUP FITNESS

SPRING 2021

BEGINS TUESDAY, JANUARY 19

MONDAY

7:15 AM - 7:45 AM
Cardio Kickbox
Shelly

12:00 PM - 12:45 PM
HIIT Fit & Core
Maddy

5:30 PM - 6:15 PM
Power Yoga
Brookelynn

TUESDAY

7:15 AM - 8:00 AM
Yoga Flow
Aysia

12:00 PM - 12:30 PM
Barre
Catherine

12:35 PM - 1:00 PM
Core Conditioning
Catherine

5:30 PM - 6:15 PM
Zumba
Karin

WEDNESDAY

7:15 AM - 7:45 AM
Barre
Catherine

12:00 PM - 12:45 PM
Power Yoga
Amber

5:30 PM - 6:00 PM
HIIT Fit
Bethan

THURSDAY

7:15 AM - 8:00 AM
Power Yoga
Brookelynn

12:00 PM - 12:30 PM
WERQ
Amy

12:35 PM - 1:00 PM
Core Conditioning
Amy

5:30 PM - 6:00 PM
Glutes, Core, & More
Ja'Net

FRIDAY

9:00 AM - 9:15 PM
Meditation
Instagram Live

12:00 PM - 12:45 PM
HIIT the Barre
Alexis

Access the Livestream link:
ucdenver.edu/wellness

ALL CLASSES ARE FREE!

Virtual

Zoom

Instagram Live

@CUDwellness



Wellness &
Recreation Services
UNIVERSITY OF COLORADO DENVER

To view the group fitness class descriptions, visit our website
ucdenver.edu/wellness



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