


UNIVERSITY FITNESS CLUB SPRING GROUP FITNESS SCHEDULE 410-677-6715

MON	TUE	WED	THU	FRI	SAT	SUN
<p>3:30 pm</p> <p>Rhythm Cycle 40 Angie</p> <hr/> <p>4:15pm Pilates fusion 30 Angie</p>		<p>7:15am Rhythm Cycle 45 Ally</p>	<p>7:15am Rhythm Cycle 45 Angie</p>	<p>3:00 pm Cycle Sculpt 40 Angie</p> <hr/>	<p>10:15am Rhythm Cycle Angie</p>	
<p>5:00pm</p>  <p>Stacey</p>	<p>5:00pm Rhythm Cycle 45 Angie</p>	<p>5:00pm</p>  <p>Stacey</p>	<p>4:45pm</p>  <p>Angie</p>	 <p>Register for a spot online at: webapps.salisbury.edu/fitness</p> 		
			<p>5:30pm</p> <p>Interval Cycle 30 Angie</p>			
	<p>6:00pm</p> <p>Gentle YOGA Heather</p>	<p>6:00pm</p> <p>Cycle Sculpt Alyssa</p>	<p>6:00pm</p> <p>Gentle YOGA Heather</p>			
<p>7:00pm</p> <p>Rhythm Cycle 45 Ally</p>		<p>7:00pm</p> <p>Dance Fitness Hannah</p> <p>BEGINS FEB 7</p>				

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossas Group Power

Group Power is a one-hour, cutting-edge strength training workout designed to get you **MUSCLE STRONG AND MOVEMENT STRONG**. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.



Mossas Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

DANCE FITNESS:

A heart pumping, beast mode, girl power workout that will leave you dripping in sweat, strength and swag! Get ready to dance, dance, dance!

Rhythm CYCLE 45 or 40 (minutes)

This class is 45 minutes of heart raising, indoor cycling fun. A rhythm- based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

Interval Cycle 30

Get a quick heart-thumping cardio class with 30 minutes of traditional cycling including sprints, jumps and hills.

Cycle Sculpt 45 or 40 (minutes)

This class is a rhythm-based cycle class that adds 2-3 lb weights throughout the class for upper body light weight/high repetition work.

HIIT 30:

High Intensity Interval training. This class involves exerting your maximum energy during short periods of time. Workouts include bursts of high energy strength and cardio exercises followed by brief periods of recovery. AMRAP (as many reps as possible or as many rounds as possible during a specific amount of time)

Pilates Fusion: This workout includes a series of classical pilates and pilates inspired exercises that are great for toning and creating lean muscle while strengthening the core. This is low impact, no jumping workout with no equipment other than a yoga mat. Get ready to sweat and tone!

GENTLE YOGA

This class is a slow, floor based class. Movement is linked with breath moving in and out of postures gradually while protecting and nurturing the joints, muscles and connective tissue.

This class is beginner friendly and appropriate for all levels.