






MON	TUE	WED	THU	FRI	SAT	SUN
<p>3:30 pm</p> <p>Rhythm Cycle 40 Julia</p> <hr/> <p>4:15pm Pilates fusion 30 Angie</p>	<p>7:15am Rhythm Cycle 45 Ally</p>	<p>7:15am Pilates Fusion 45 Angie</p> <hr/> <p>4:15pm Pilates fusion 30 Angie</p>	<p>7:15am Rhythm Cycle 45 Angie</p>	<p>3:00 pm Cycle Sculpt 45 Angie</p>	<p>10:15am Rhythm Cycle Instructor rotation</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>Registrations open at 6:00am the day of with the exception of the morning classes.</p> <p>7:15am classes open at 7:00pm the night before.</p> <p>Saturday 10:15am opens at 5:00pm on Friday</p>		
<p>6:15pm</p> <p>YOGA Move with Breath – Vinyasa yoga Courtney</p>	<p>6:00pm</p> <p>LINE DANCE Class Kalynn</p>	<p>6:00pm</p> <p>Cycle Sculpt Julia</p>	<p>5:30pm</p> <p>Interval Cycle 30 Angie</p>			
<p>7:15pm</p> <p>Rhythm Cycle 45 Ally</p>		<p>7:00pm</p> <p>Dance Fitness Hannah</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!

LINE DANCE: Dance along to a repeating sequence of steps in unison with the group. Line dancing is a fun form of exercise and a great choice for anyone looking to enjoy movement and music.

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 (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.

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 a low-impact class that is a blend of strength, flexibility and mindful movement.

Move with Breath Vinyasa Yoga: This class is a combination of vinyasa style sequencing and deep stretching.

Gentle Yoga: A low intensity, restorative yoga. Allows time to hold poses and breathe.