

# GROUP FITNESS CLASSES



Session 1  
SPRING 2022

## CITY CAMPUS

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>4-4:50 p.m. (Free)</b> <b>TOTAL BODY TONE</b> Leah A. Fitness Room</p>	<p><b>6-6:50 a.m.</b> <b>CARDIO KICKBOXING</b> Miriam C. Fitness Room</p> <p><b>12-12:50 p.m. (Free)</b> <b>CYCLE</b> Hattie R. Cycle Studio</p> <p><b>4-5 p.m. (Free)</b> <b>YOGA</b> Amanda B. Fitness Room</p> <p><b>5-5:50 p.m.</b> <b>CYCLE N CORE</b> Tera S. Cycle Studio</p> <p><b>6-6:50 p.m.</b> <b>TOTAL BODY TONE</b> Andy W. Fitness Room</p> <p><b>7-7:50 p.m.</b> <b>CARDIO DANCE</b> Monica M. Fitness Room</p>	<p><b>6-6:50 a.m.</b> <b>CYCLE</b> Shelly S. Cycle Studio</p> <p><b>8-8:50 a.m.</b> <b>PILATES</b> Hattie R. Fitness Room</p> <p><b>12-12:50 P.M. (Free)</b> <b>YOGA</b> Rachel H. Fitness Room</p> <p><b>5-5:50 p.m.</b> <b>YOGA SCULPT</b> Elle B. Fitness Room</p> <p><b>6-6:50 p.m.</b> <b>CARDIO SCULPT</b> Monica M. Fitness Room</p> <p><b>7-7:30 P.M.</b> <b>BOOTY CAMP</b> Adella S. Fitness Room</p> <p><b>8-8:50 P.M. (Free)</b> <b>MIXXEDFIT</b> Emily D. Fitness Room</p>	<p><b>6-6:50 a.m.</b> <b>ROTATING CLASS</b> Fitness Room</p> <p><b>12-12:30 p.m. (Free)</b> <b>POUND EXPRESS</b> Andrea K. Fitness Room</p> <p><b>12-12:50 p.m. (Free)</b> <b>SPIN N FLOW</b> Annalisa M. Cycle Studio</p> <p><b>5-5:30 p.m.</b> <b>AB LAB</b> Tera S. Fitness Room</p> <p><b>6-6:50 p.m.</b> <b>SPIN N STRENGTH</b> Leah A. Cycle Studio</p> <p><b>7-7:50 p.m.</b> <b>CARDIO SCULPT</b> Leah A. Fitness Room</p> <p><b>8-8:50 p.m.</b> <b>CARDIO KICKBOXING</b> Miriam C. Fitness Room</p>	<p><b>6-6:50 a.m.</b> <b>TOTAL BODY TONE</b> Leah A. Fitness Room</p> <p><b>8-8:50 a.m.</b> <b>PILATES</b> Annalisa M. Fitness Room</p> <p><b>12-12:50 p.m. (Free)</b> <b>YOGA</b> Rachel H. Fitness Room</p> <p><b>5-5:50 P.M.</b> <b>YOGA SCULPT</b> Elle B. Fitness Room</p> <p><b>5-5:50 p.m.</b> <b>CYCLE N CORE</b> Tera S. Cycle Studio</p> <p><b>6-6:50 p.m.</b> <b>BARRE</b> Hattie R. Combative Arts</p> <p><b>7-7:30 p.m.</b> <b>AB LAB</b> Adella S. Fitness Room</p> <p><b>8-8:50 P.M.</b> <b>MIXXEDFIT</b> Beth M. Fitness Room</p>	<p><b>6-6:50 a.m.</b> <b>CYCLE</b> Shelly S. Cycle Studio</p> <p><b>12-12:30 p.m. (Free)</b> <b>HUSKER HIIT</b> Annalisa M. Fitness Room</p> <p><b>4-5 p.m.</b> <b>SLOW FLOW YOGA</b> Iryna P. Fitness Room</p>	<p>NO CLASSES</p>

## EAST CAMPUS

SUN	MON	TUE	WED	THU	FRI	SAT
<p>NO CLASSES</p>	<p><b>12-12:50 p.m.</b> <b>YOGA</b> Madeline W. South Studio</p>	<p><b>12-12:50 p.m.</b> <b>TONE N FLOW</b> Susy M. South Studio</p> <p><b>5-5:50 p.m.</b> <b>TRX*</b> Tera S. South Studio</p>	<p><b>12-12:50 p.m.</b> <b>SPIN N SCULPT</b> Hattie R. East Studio</p>	<p><b>12-12:50 p.m.</b> <b>TRX* YOGA</b> Susy M. South Studio</p> <p><b>6-7 p.m.</b> <b>YOGA</b> Amanda B. South Studio</p>	<p><b>12-12:50 p.m.</b> <b>POUND FITNESS</b> Andrea K. South Studio</p>	<p><b>10-10:50 a.m.</b> <b>CYCLE</b> Shelly/Leah East Studio</p>

**FREE WEEK**  
January 18-24

- STRENGTH
- CARDIO
- MIND + BODY
- FUSION



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Group Fitness Classes require an All-Class Pass to participate (unless otherwise indicated). Details about prices can be found in the UNL Campus Recreation Guidebook app, at the Member Services desk, or online at [crec.unl.edu](https://crec.unl.edu).

All class instructors, formats, times, and days are subject to changes/cancellation without prior notification. Any class averaging less than six (6) people may be dropped from the schedule.

Campus Recreation welcomes persons with all abilities. Please inquire about the availability of accommodations for special needs.

The University of Nebraska does not discriminate based on any protected status. Please see [go.unl.edu/nondiscrimination](https://go.unl.edu/nondiscrimination).