

# GROUP FITNESS SCHEDULE-SPRING 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Morning Classes				Questions? Contact <a href="mailto:CFHLfitness@unmc.edu">CFHLfitness@unmc.edu</a>
				
Afternoon Classes				
<p><b>Hatha Yoga</b> Devashree 12:00pm-1:00pm Room 1009</p>	<p><b>TRX</b> Decature 12pm-12:45pm Room 1009</p>	<p><b>Total Body Fitness</b> Decature 12pm-12:45pm Room 1004</p>	<p><b>Total Body Fitness</b> Decature 12pm-12:45pm Room 1004</p>	<p><b>Power Pump</b> Kristal 12:00-12:45pm Room 1004</p>
<p><b>Butts and Guts</b> Kristal 12:00-12:45pm Room 1004</p>		<p><b>Hatha Yoga</b> Devashree 12pm-1pm Room 1009</p>		
Evening Classes				
<p><b>Cycling</b> Darby 5:30pm-6:30pm Room 1009</p>	<p><b>Yin Yoga</b> Annie 5:15pm-6:15pm Room 1009</p>	<p><b>HIIT</b> Jon 5:15pm-6:00pm Room 1004</p>	<p><b>Slow Flow Yoga</b> Annie 5:15pm-6:15pm Room 1004</p>	
			<p><b>Cardio Step</b> Devashree 5:30pm-6:30pm Room 1009</p>	

**BUTTS AND GUTS** THIS MAT-BASED PILATES-STYLE CLASS FOCUSES ON LOW-RESISTANCE EXERCISES TO BUILD STRENGTH AND TONE YOUR LOWER BODY AND CORE MUSCLES.

**HATHA YOGA** THIS CLASS EMPHASIZES BREATHWORK, POSTURES, RELAXATION, AND MEDITATION. POSTURES ARE HELD FOR AN EXTENDED PERIOD TO ENSURE PROPER ALIGNMENT AND TO BUILD CORE STRENGTH AND FLEXIBILITY. EACH CLASS WILL INCLUDE PRANAYAMA, SUN AND MOON SALUTATIONS, GENTLE INVERSIONS, AND SAVASANA.

**YIN YOGA** THIS SLOWER-PACED CLASS FOCUSES ON HOLDING POSES FOR LONGER PERIODS, ALLOWING YOUR MUSCLES TO RELAX AND PROMOTING WORK ON FASCIA AND CONNECTIVE TISSUES. THE RESULT? IMPROVED FLEXIBILITY AND A DEEPER SENSE OF RELEASE.

**SLOW FLOW YOGA** THIS CLASS WILL GUIDE YOU THROUGH EACH POSE SLOWLY, ALLOWING TIME TO STRETCH, IMPROVE FLEXIBILITY, AND RECOVER. WHETHER YOU'RE A COMPLETE YOGA BEGINNER OR USING YOGA TO RECOVER FROM INTENSE WORKOUTS, THIS SLOW FLOW YOGA PRACTICE IS WHAT YOU ARE LOOKING FOR.

**TRX** THIS TOTAL BODY, HIGH INTENSITY WORKOUT USES THE TRX STRAP TO CREATE A FULL BODY WORKOUT. IT'S DESIGNED TO ENHANCE YOUR STRENGTH, STAMINA, BALANCE, COORDINATION, FLEXIBILITY, AND OVERALL BODY CONTROL.

**TOTAL BODY FITNESS** THIS HIGH-ENERGY CONDITIONING CLASS CHALLENGES YOU WITH SHORT, INTENSE CARDIO INTERVALS PAIRED WITH MUSCLE-STRENGTHENING EXERCISES FOR A FULL-BODY WORKOUT.

**POWERPUMP** THIS HIGH-REP, LOW-WEIGHT STRENGTH CLASS USES TIME UNDER TENSION AND MUSCLE FATIGUE TO SCULPT AND TONE YOUR ENTIRE BODY. THE WORKOUT IS SET TO A CUSTOM PLAYLIST DESIGNED TO KEEP YOU MOTIVATED AND PUSH YOU TO THE NEXT LEVEL.

**HIIT** THIS CLASS COMBINES STRENGTH, ENDURANCE, AND POWER EXERCISES TO PUSH YOU TO YOUR LIMITS. YOU'LL ALTERNATE BETWEEN INTERVALS USING TRX STRAPS, FLOOR EXERCISES, AND DUMBBELL MOVEMENTS.

**CYCLE** THIS BEAT-BASED CYCLING CLASS DELIVERS LOW-IMPACT CARDIO ON THE BIKE WHILE KEEPING YOUR ENERGY HIGH. EXPECT A MIX OF HILLS, SPRINTS, AND MODERATE SPEEDS, WITH LIGHT UPPER-BODY WORK INCORPORATED THROUGHOUT. THE CLASS WRAPS UP WITH STRETCHING AND RELAXING BREATHWORK.

**CARDIO STEP** THIS HIGH-ENERGY STEP AEROBICS CLASS IS SET TO BOLLYWOOD MUSIC, COMBINING FITNESS WITH FUN! BURN TONS OF CALORIES WHILE ENJOYING AN ENGAGING AND UPBEAT WORKOUT.

**IF YOU HAVE QUESTIONS EMAIL [CFHLFITNESS@UNMC.EDU](mailto:CFHLFITNESS@UNMC.EDU)**