

Winter 2025 – Group Fitness Schedule

January 6 – March 8, 2025

Registration is **highly encouraged**, although walk-ins are accepted depending on class capacity. Register online up to 5 days in advance. Clicking on hyperlinks within the schedule will direct you to the registration page for the chosen class. Learn how to register and participate [here!](#) A modified schedule for Weeks 10 and 11 (Finals Week) will be released on February 21.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Power Yoga ! (Marielys) 8:30 – 9:15 a.m. MPR A		Flow & Restore Yoga ! (Marielys) 8:30 – 9:15 a.m. MPR A		
	Cycle Burn ^ (Nikki) 9:30 – 10:15 a.m. FitWell Studio		Pilates Express ! (Marielys) 9:30 – 10:00 a.m. MPR A		
				Barre Fusion (Tiffany) 12:30 – 1:15 p.m. MPR A	
					SATURDAY
HIIT Strength * (Ginger) 4:30 – 5:15 p.m. MPR A		Spin Fusion ^ (Nikki) 4:30 – 5:15 p.m. FitWell Studio	Cycle Burn ^ (Nikki) 4:30 – 5:15 p.m. FitWell Studio	Pilates Fusion (Angela) 4:00 – 4:45 p.m. MPR A	Pilates Fusion # (Angela) 4:00 – 4:45 p.m. MPR A
	Yoga > # (Sara) 4:45 – 5:45 p.m. MPR B		Yoga (Sara) 4:45 – 5:45 p.m. MPR B		
Zumba ® * (Elizabeth) 5:00 – 5:45 p.m. MPR E	HIIT Strength (Ginger) 5:00 – 5:45 p.m. MPR E	Zumba ® ! (Elizabeth) 5:00 – 5:45 p.m. MPR E			
Body Sculpt * (Ginger) 5:30 – 6:15 p.m. MPR A	Pilates Fusion * (Bree) 5:15 – 6:00 p.m. MPR A	LIIT Core (Anne Marie) 5:00 – 5:45 p.m. MPR A	Hour of Power ~ 5:30 – 6:15 p.m. MPR A	Zumba ® (Leila) 5:30 – 6:15 p.m. MPR A	
	Abs & Glutes (Ginger) 6:00 – 6:45 p.m. MPR E	Abs & Glutes (Bree) 6:00 – 6:45 p.m. MPR E			
Cycle Burn ^ * (Angela) 6:15 – 7:00 p.m. FitWell Studio	Barre Fusion * (Jenna) 6:15 – 7:00 p.m. MPR A	Cycle Burn ^ (Angela) 6:15 – 7:00 p.m. FitWell Studio			SUNDAY
Abs & Glutes * (Jessica) 6:30 – 7:15 p.m. MPR A	Zumba ® * (Jessica) 6:30 – 7:15 p.m. MPR B	HIIT Strength (Jessica) 6:30 – 7:15 p.m. MPR A	Zumba ® (Jenna) 6:30 – 7:15 p.m. MPR A		Yoga Sculpt (Kay) 6:30 – 7:45 p.m. MPR E
Pilates Fusion * (Angela) 7:30 – 8:15 p.m. MPR B	Heels Dance Clinic ~ (Jenna) 7:15 – 8:00 p.m. MPR A	Pilates Fusion (Angela) 7:30 – 8:15 p.m. MPR A	Pilates Fusion (Jenna) 7:30 – 8:15 p.m. MPR A		

Icon Key

^ RSVP Limit:

- Spin Fusion: 12 people max
- Cycle Burn: 18 people max.

> Class Modification:

- Join us for Moonlight Yoga on the pool deck on Tues 2/4!

Location Change

- Pilates Fusion move to MPR B on Sat 1/18
- Yoga moved to MPR C on Tues 1/21

! Late Start: Power Yoga begins 1/14. Flow & Restore Yoga and Pilates Express begin 1/16. Wed. 5 pm Zumba begins 1/22.

~ Limited Time Offering

- Hour of Power:** 1/16 – 2/27 only. Class varies weekly. See description for details.
- Heel Dance Clinic:** 2/4 – 3/4 only!

*** Class Cancelled:**

- No classes Mon 1/20 (Holiday)
- No Pilates Fusion, Barre Fusion, or Zumba on Tues 1/28.
- No Zumba, Body Sculpt, or Abs & Glutes on Mon 2/10! Join us for Power Pairs HIIT at 5:30 pm instead!
- No classes Mon 2/17 (Holiday)

UCR SRC FITWELL

GROUP EXERCISE CLASS DESCRIPTIONS

HIIT & Strength Classes

Abs & Glutes: With a focus on functional abdominal movements and lower-body exercises, this session will sculpt and strengthen your abs and glutes like never before.

Body Sculpt: Transform your physique during this multi-intensity resistance training class that sculpts and strengthens every muscle group from head to toe. Experience a powerful and exhilarating blend of interval training and targeted muscle conditioning as you unleash your full potential.

HIIT Strength: Can you handle a little sweat? This all-level class will get your heart pumping – combining both high-intensity interval training and strength training together for an all-out burn-out.

Pilates & Barre Classes

Barre Fusion: Join us for a transformative session that blends the grace of ballet with the burn of strength training. Whether using the ballet barre or not, experience a dynamic workout that enhances posture, flexibility, and muscle tone, leaving you feeling empowered and poised.

LIIT Core: LIIT (low-intensity interval training) Core is a workout that combines mindful exercises inspired by Pilates, yoga, and strength training. This total-body class focuses on building core strength while incorporating gentle cardio movements to enhance endurance and mobility. Feel the burn in a low-impact environment perfect for all fitness levels.

Pilates Express: Ignite your core, improve your flexibility, and boost your overall strength in just half an hour. Get ready to experience the power of Pilates in a condensed and powerful music-inspired flow session, perfect for your morning routine.

Pilates Fusion: Designed for all levels, this dynamic session integrates the core principles of Pilates with innovative fitness equipment. Sculpt and tone your entire body with fluid, controlled movements, redefining and improving your strength, flexibility, and balance all at once.

[Learn](#) how to register and participate. Scan the following QR code to sign up for group fitness classes!



Cardio & Cycling Classes

Cycle Burn: Dive into cardiovascular conditioning as you push your limits with pulse-pounding cycling drills and dynamic interval training. Get ready to sweat during this energizing workout that will leave you feeling accomplished.

Spin Fusion: This class pairs cycling's intense, calorie-bursting cardio workout with the energizing elements of strength training. Spice things up with this unique take on cycling.

Zumba®: Shake up your routine with a vibrant fusion of Latin-inspired rhythms and high-energy moves. This dynamic dance party, where fun and fitness collide, is guaranteed to get your heart racing.

Yoga Classes

Flow & Restore Yoga: Experience the perfect blend of movement and mindfulness in a class designed to harmonize breath with movement and enhance body awareness. This open-level somatic yoga practice emphasizes gentle transitions between postures, inviting participants to connect with their inner joy. Through mindful flow and meditation, this class will bring you closer to a state of deep tranquility.

Power Yoga: Power Yoga is a dynamic, fast-paced class designed to build muscular strength, endurance, and flexibility. Flow through energizing sequences that challenge your body and focus your mind, leaving you feeling strong and invigorated. Perfect for those looking to deepen their practice with a more athletic approach to yoga!

Restorative Yoga: Unwind and recharge during this restful practice that uses supported stretches, deep breathing, and guided meditation to promote deep relaxation. Effortlessly settle into each posture with the help of props such as blankets and blocks. This mid-week class is designed to regulate the nervous system and sharpen the mind, perfect for anyone experiencing high work or academic stress.

Yoga: Step into a serene sanctuary, where Hatha yoga principles guide you on a journey toward balance and unity. Experience the harmonious blend of classical yoga postures, mindful breathwork, and gentle movements designed to nurture both strength & flexibility.

Yoga Sculpt: Intensify your yoga poses with the integration of free weights. Boost metabolism and build lean muscle mass as you move to upbeat tracks.