UCT Group Exercise Schedule FALL 2017

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle & Stretch	5:30 – 6:30 PM	7:00 – 7:30 AM	5:30 – 6:30 PM	7:00 – 7:30 AM	
Cycle/Yoga Stretch		12:30 – 1:30 PM		12:30 – 1:30 PM	
Eccentrics					12:30 – 1:30 PM
Gentle Fitness		10:45 – 11:45 AM		10:45 – 11:45 AM	
Midday Meditation		12:00 – 12:30 PM		12:00 – 12:30 PM	
Total Body Conditioning	12:30 - 1:30 PM		12:30 – 1:30 PM		
20-Minute Cycle, 20-Minute Strength Training & 20-Minute Stretch	10:45 - 11:45 AM		10:45 – 11:45 AM		

Class Descriptions

Class Type	Description
Cycle	A great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills and exercises.
Eccentrics	A dynamic workout based on the theories of Miranda Esmonde-White that simultaneously lengthen and strengthen every muscle in the body, resulting in greater joint mobility and lean, long muscles.
Gentle Fitness	If you have a limiting physical condition that requires a gentler routine, or you are just beginning an exercise routine, this is the perfect class for you. A combination of low impact exercises targets large muscle groups to build endurance and muscle strength.
Total Body Conditioning	Classes begin with a warm-up focusing on postural strength and alignment, followed by a series of upper and lower body exercises using weights. The exercises are utilized to sculpt the entire body, including the core.
Yoga/Meditation	A system of physical postures, breathing techniques and meditation derived from yoga but often practiced independently, especially in western cultures to promote body and mental control, and well-being.