

UCT Group Exercise Schedule - Winter 2019

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday
20-Minute Cycle 20-Minute Strength 20-Minute Core + Stretch	10:45 AM 11:45 AM		10:45 AM 11:45 AM		10:45 AM 11:45 AM
Gentle Fitness		10:45 AM 11:45 AM		10:45 AM 11:45 AM	
Cycle & Core		12:30 PM 1:30 PM		12:30 PM 1:30 PM	
Total Body Conditioning	12:30 PM 1:30 PM		12:30 PM 1:30 PM		
Cycle & Core	5:30 PM 6:30 PM		5:30 PM 6:30 PM		

Class Descriptions

Class Type	
Core	This class is all about the core! Fire up your abs, lower back and glutes to build a stable, stronger and more powerful core. Karen will also teach the synchronization of core musculature with diaphragmatic breathing to facilitate spinal alignment and stabilization.
Cycle	A great cardiovascular workout. Pedal through hill climbs, sprints and many other challenging drills using high intensity interval training, otherwise know as H.I.I.T.
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. Karen will introduce you to a combination of low impact exercises targeting large and small muscle groups to maintain and build muscle endurance and muscle strength.
Total Body Conditioning	This class begins with a warm-up focusing on postural strength and alignment, followed by a series of upper and lower body exercises. The exercises are utilized to sculpt the entire body, including the core.