### Group Exercise Studio 272/274

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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<tbody>
<tr>
<td>Mon</td>
<td>6:15 AM</td>
<td>Sunrise Yoga</td>
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<tr>
<td></td>
<td>11:45 AM</td>
<td>Cardio Sculpt</td>
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<td></td>
<td>3:00 PM</td>
<td>Yoga Relax</td>
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<td></td>
<td>4:15 PM</td>
<td>Barre</td>
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<td></td>
<td>5:00 PM</td>
<td>*INSANITY</td>
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<td></td>
<td>6:00 PM</td>
<td>TONE</td>
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<td></td>
<td>7:00 PM</td>
<td>Kettlebell Inferno</td>
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<td></td>
<td>7:45 PM</td>
<td>*Yoga Strength</td>
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<tr>
<td>Tue</td>
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<td>*F/S Yoga</td>
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<td></td>
<td>4:45 PM</td>
<td>ZUMBA</td>
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<tr>
<td>Wed</td>
<td>6:15 AM</td>
<td>Sunrise Yoga</td>
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<td></td>
<td>3:00 PM</td>
<td>Yoga Relax</td>
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<td>TONE</td>
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<td>5:00 PM</td>
<td>*INSANITY</td>
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<td></td>
<td>6:00 PM</td>
<td>*Cardio Kick!</td>
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<td>7:15 PM</td>
<td>Barre</td>
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<tr>
<td>Thu</td>
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<td>*F/S Yoga</td>
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<tr>
<td></td>
<td>4:00 PM</td>
<td>Tabata I</td>
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<td>4:45 PM</td>
<td>*F/S Functional Strength</td>
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<td>6:00 PM</td>
<td>*VPR</td>
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<td>7:00 PM</td>
<td>*onCORE</td>
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<tr>
<td>Fri</td>
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<td>*INSANITY</td>
</tr>
<tr>
<td>Sat</td>
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<td>Bootcamp</td>
</tr>
<tr>
<td>Sun</td>
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<td>ZUMBA</td>
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### Cycle Studio 282

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<th>Class</th>
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<tbody>
<tr>
<td>Mon</td>
<td>6:30 AM</td>
<td>Wake Up &amp; Cycle</td>
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<tr>
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<td>5:00 PM</td>
<td>Music Video Cycling</td>
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<td>7:00 PM</td>
<td>Cosmic Cycling</td>
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<td>11:45 AM</td>
<td>Cardio Sculpt</td>
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<tr>
<td>Wed</td>
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<td>Wake Up &amp; Cycle</td>
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<td>6:00 PM</td>
<td>Wake Up &amp; Cycle</td>
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<tr>
<td>Thu</td>
<td>6:15 AM</td>
<td>Wake Up &amp; Cycle</td>
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<tr>
<td>Fri</td>
<td>5:00 PM</td>
<td>Wake Up &amp; Cycle</td>
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<tr>
<td>Sat</td>
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</tr>
<tr>
<td>Sun</td>
<td>6:00 PM</td>
<td>CYCLEExpress</td>
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### Group Exercise Studio 130

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<tr>
<td>Mon</td>
<td>12:00 PM</td>
<td>Plates Foundations</td>
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<td>4:00 PM</td>
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Sunrise Yoga
Monday & Wednesday – 6:15 am (45min)
Start your morning off bright and early in this guided class that will tone, stretch, and strengthen your body. You will leave this class with sustainable energy to carry you through your day. It is better than a cup of coffee!
Limit 40 participants. Participation is first-come-first-serve.

Yoga Relax
Monday & Wednesday – 3:00pm (45min)
Yoga Relax is focused on breathing techniques and gentle stretching to relax the mind, body and soul. There is no need to have prior yoga experience; join the class at any time and experience the benefits of Yoga.
Limit 40 participants. Participation is first-come-first-serve.

Pilates Foundations
Monday: 12:00pm (45 min)
Pilates Foundations will supply you with a basic understanding of the primary series of pilates exercises that focus on engaging the mind and conditioning the total body. Both strength and flexibility are incorporated into this relaxing yet invigorating Pilates class that welcomes all skill levels.
Limit 25 participants Participation is first-come-first-serve.

Night Ride
Tuesday & Thursday – 8:00pm (45 min)
End your busy day with a relaxing, fun, and effective late-night ride. Together you travel on flat roads, climb hills, sprint and race! You are kept motivated by the instructor, the people around you, and the music. It’s truly a fantastic cardiovascular class!
Limit 20 participants Participation is first-come-first-serve.

PiYo™
Tuesday – 4:00pm (60 min)
PiYo™ is the perfect fusion of Yoga and Pilates based strength building exercises and rhythmic movements that will burn calories while transforming the body. Modifications allow everyone to participate, yet progressions are offered to challenge the more advanced – either way you’ll get results! It’s a class unlike any you’ve ever tried before!
Limit 40 participants Participation is first-come-first-serve.

Yoga Strength
Tuesday & Thursday – 7:45pm (60 min)
This Vinyasa style yoga class stretches, strengthens, and tones the entire body. Vinyasa means “to flow with breath” so each pose flows into the next to balance and focus the mind to create energy. Basic yoga poses and sun salutations are combined to provide a well-rounded yoga class. Any member can attend, prior experience is not necessary.
Limit 60 participants Participation is first-come-first-serve.

CYCLEExpress
Sunday – 6:00pm (50 min)
Don’t have a lot of time and want to make the most of your cardiovascular workout? Get in, get fit, and be on your way in this 30-minute intensive cycling class.
Limit 20 participants Participation is first-come-first-serve.

Music Video Cycle
Monday & Wednesday – 5:00pm (45 min)
What’s better than cycling to music? Cycling to Top Hit Music Videos! That’s right, this cycling class will keep you energized and motivated with the best music videos while pedaling your way through a great cardiovascular workout!
Limit 20 participants Participation is first-come-first-serve.

Between Cycling & Me
Friday – 5:00pm (45 min)
Don’t let the long, busy days get between you and your bike. Between Cycling & Me is designed to emphasize your personal fitness goals and needs. This challenging but approachable 45 minute routine simulates the varied terrain encountered during an outdoor ride. Allow a pop-rockin’ music mix to motivate you as you face each cardiovascular challenge.
Limit 20 participants Participation is first-come-first-serve.

Boot Camp Saturday – 12:00 pm (45 min)
Run, jump, lift, push, crunch, and party in this 45-minute, high-energy Boot Camp style class! Individuals of all fitness levels will get a wholesome cardiovascular workout!
Limit 25 participants Participation is first-come-first-serve.

Barre
Monday – 4:15pm (40 min)
Wednesday – 7:15pm (55 min)
An introductory barre class set to fun and energetic music. Participants will become familiar with the method, terminology and the positioning components of barre. The class combines multiple benefits of barre, Pilates and yoga to provide an invigorating total body workout focused on sculpting long, lean leg muscles and a light core. As the class progresses, high intensity body sculpting exercises with more weights will be incorporated for the ultimate muscular challenge. Barre is open to participants of any fitness level, and no experience is necessary.
Limit 40 participants Participation is first-come-first-serve.

CycleStretch
Tuesday – 5:30pm (60 min)
The perfect fusion of cardiovascular and flexibility training has met. First get the blood pumping in a 45 minute ride consisting of some climbs, sprints, and intervals! At the conclusion of the ride, look forward to a nice long stretching segment that will leave you feeling refreshed and ready to tackle the week ahead. Expect to be motivated, inspired, and challenged in a positive and energetic atmosphere.
Limit 20 participants Participation is first-come-first-serve.
Cardio Kick!  
Wednesday – 6:00pm (60 min)  
Kickboxing moves that burn fat and build muscle. This total body tone-up infuses aerobics with martial arts and basic boxing moves. A great workout for toning the upper body, and shaping your legs and glutes. The only class at UND where it’s okay to kick the instructor!  
Limit 30 participants Participation is first-come-first-serve.

** ViPR™**  
Thursday – 5:00pm (45 min)  
Are you ready to train like a Marine? SemperFit is taught by an active Marine Officer, so prepare yourself for an intense 45-90 minute workout incorporating running, lifting, and jumping. Hardcore motivation at its finest will push you to reach all of your fitness goals while discovering an insight into the Marine Corps physical conditioning regimen.  
Limit 20 participants Participation is first-come-first-serve.

**ZUMBA®**  
Monday – 7:00pm (55 min)  
Tuesday – 4:45pm (55 min)  
Sunday – 6:30pm (60 min)  
ZUMBA is a fun, effective and simple fitness system inspired by Latin Dance! ZUMBA incorporates principles of interval training and resistance training to maximize caloric output, fat burning and total-body toning. It targets areas such as glutes, legs, arms, and ABS! These fitness methods are combined with explosive and exotic Latin music rhythms and dance moves. This dance-fitness fusion creates a PARTY-like atmosphere that motivates everyone to be active, get in shape, and keep coming back for more!  
Limit 50 participants Participation is first-come-first-serve.

**Kettlebell Inferno**  
Tuesday – 6:00pm (45 min)  
Wednesday – 11:45am (45 min)  
A full body workout that will get your heart rate pumping and your muscles burning. This class blends cardiovascular conditioning and strength-training exercises to challenge anyone at any level using a variety of fitness equipment including the boss ball.  
Limit 20 participants Participation is first-come-first-serve.

**Spinsanity**  
Wednesday – 6:15pm (60 min)  
Are you up for the challenge? 60 minutes of insane hills, sprints, intervals and so much more will surely push you to reach new fitness heights. Be prepared to sweat and feel proud of your efforts after this energetic and invigorating group ride.  
Limit 20 participants Participation is first-come-first-serve.

**Cardio Sculpt**  
Tuesday – 6:00pm (45 min)  
Looking for an abs workout that really works? Whether you are striving for a beach-ready six pack or just looking into toning your abs a bit, enCORE will get the job done. This low-impact, high-intensity class is designed to shape, tone, and strengthen your core. This is not your average abs class, if you are looking for a challenge this 30 minute session is for you!  
Limit 40 participants Participation is first-come-first-serve.

**TONE**  
Monday – 6:00pm (45 min)  
Wednesday – 4:00pm (45min)  
Tone, strengthen, and sculpt your body by lifting weights to music. TONE will hit each major muscle group with hundreds of repetitions to create a full body workout. The use of a barbell will friendly introduce all participants to basic lifts that can then be confidently executed on the weight floor. Grab a few friends and enjoy this upbeat, energizing, full body group exercise class.  
Limit 18 participants Participation is first-come-first-serve.

**Tabata I**  
Thursday – 4:00pm (50 min)  
Tabata—also known as the “4 minute workout”—consists of 20 seconds of high intensity exercise followed by 10 seconds of rest in 4 minute intervals. Paired resistance training exercises are performed to energizing music. Get a great workout, improve your strength and cardiorespiratory fitness, and learn resistance training exercises in a challenging but fun environment.  
Limit 25 participants Participation is first-come-first-serve.

**Kettlebell Inferno**  
Tuesday – 6:00pm (45 min)  
Kettlebell Inferno will take kettlebell training to the next level. The dose knit, personalized training will challenge you to meet your fitness goals by incorporating HIIT to get those muscles burning! Expect to see variety and in each class by the use of kettlebells, battle ropes, free weights, ViPRs and so much more! Jump on the HIIT bandwagon and learn a thing or two about kettlebells from our kettlebell specialist.  
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Limit 18 participants Participation is first-come-first-serve.
INSANITY®
Monday, Wednesday, & Friday – 5:00pm (45-60 min)
INSANITY—does it need an introduction? This is the same mind-blowing, home DVD workout now offered in a group exercise setting! Prepare to constantly challenge yourself in this extreme fitness class that will help you overcome any plateau! The secret to this efficient workout is MAX Interval Training—performing 2 minute bursts of maximum-intensity exercises with short periods of rest, alternating between anaerobic and aerobic intervals. The fusion of plyometrics, upper body resistance, cardiovascular conditioning, core training, and hard work will take your fitness to a whole new level!

Registration: Jan 12 - Jan 25
Visit UND.edu/wellness to register

Class Begins: Jan 26

Cost:
- Early Bird Registration (January 12 - January 19): $90
- Regular Registration (January 20 - January 25): $100

MedCon Shred
Tuesday & Thursday – 6:15pm (45 min)
Are you ready for this? Three rounds of ten exercises that are specifically crafted to attack and deplete your 3 energy systems: phosphagen, glycolytic, oxidative. What does this mean? Your body will produce a desired response that will make you feel better and get stronger. Committing to this 12 week personalized and motivating small group class will surely help you meet your fitness goals, surpass any plateaus, or stick to your New Year’s resolution!

Registration: Jan 12 - Jan 25
Visit UND.edu/wellness to register

Class Begins: Jan 27

Cost:
- Early Bird Registration (January 12 - January 19): $70
- Regular Registration (January 20 - January 25): $80

REGISTER: UND.edu/wellness