<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Cycle & Tone-C  
6:15-7:15am  
Jade | Cycle & Tone-C  
6:15-7:15am  
Lauren | Cycle & Tone-C  
6:15-7:15am  
Lauren | Fitness Rotation-B  
8:00-8:30am  
BodyPUMP-B  
8:35-9:05am | BodyPUMP-B  
8:35-9:05am  
Melanie |
| BodyPUMP-B  
8:15-9:15am  
Renee | BodyPUMP-B  
8:15-9:15am  
Renee | Cycle & Tone-C  
9:00-10:00am  
Veronica | Cycle & Tone-C  
9:00-10:00am  
Veronica | Fitness Rotation-B  
9:30-10:00am  
Fitness Rotation-B  
10:05-10:35am |
| Cycle & Tone-C  
9:00-10:00am  
Veronica | Yoga-A  
9:00-10:00am  
Ruby | Yoga-A  
9:00-10:00am  
Ruby | Yoga-A  
9:30-10:30am  
Tiffany | Fitness Rotation-B  
9:30-10:00am  
Fitness Rotation-B  
10:05-10:35am |
| Yoga-A  
9:00-10:00am  
Ruby | Yoga-A  
9:30-10:30am  
Tiffany | Fitness Rotation-B  
11:15-12:00pm  
Cara | Fitness Rotation-B  
11:15-12:00pm  
Cara | Fitness Rotation-B  
11:15-11:45am |
| Fitness Rotation-B  
9:30-10:00am  
Fitness Rotation-B  
10:05-10:35am | Barre-B  
11:15-12:00pm  
Cara | POUND-B  
10:15-11:15am  
Veronica | Barre-B  
11:15-12:00pm  
Cara | Fitness Rotation-B  
10:40-11:10am  
Fitness Rotation-B  
11:15-11:45am |
| BodyPUMP-B  
12:00-1:00pm  
Gina | BodyPUMP-B  
12:15-1:15pm  
Gina | BodyPUMP-B  
12:00-1:00pm  
Melanie | BodyPUMP-B  
12:15-1:15pm  
Gina | BodyPUMP-B  
12:15-1:15pm  
Gina |
| Cycle & Tone-C  
12:00-1:00pm  
Kara | Cycle & Tone-C  
12:00-1:00pm  
Veronica | Cycle & Tone-C  
12:00-1:00pm  
Jade | Fitness Rotation-B  
1:30-2:00pm  
Fitness Rotation-B  
2:05-2:35pm  
Fitness Rotation-B  
2:40-3:10pm | Fitness Rotation-A  
1:00-1:30pm  
Fitness Rotation-A  
1:30-2:00pm |
| Cycle & Tone-C  
12:00-1:00pm  
Kara | Fitness Rotation-B  
1:30-2:00pm  
Fitness Rotation-B  
2:05-2:35pm  
Fitness Rotation-B  
2:40-3:10pm | Fitness Rotation-B  
1:30-2:00pm  
Fitness Rotation-B  
2:05-2:35pm  
Fitness Rotation-B  
2:40-3:10pm | Fitness Rotation-A  
1:00-1:30pm  
Fitness Rotation-A  
1:30-2:00pm |
| Zumba-B  
3:45-4:45pm  
Sigfried | Zumba-B  
3:45-4:45pm  
Sigfried | Zumba-B  
4:30-5:30pm  
Alyssa | Zumba-B  
4:30-5:30pm  
Alyssa | Zumba-B  
5:45-6:45pm  
Tiffany G.  
5:45-6:45pm  
Tiffany G. |
| BodyPUMP-B  
4:30-5:30pm  
Lauren | Zumba-B  
4:30pm-5:30pm  
Alyssa | BodyPUMP-B  
4:30-5:30pm  
Lauren | BodyPUMP-B  
4:30-5:30pm  
Lauren | BodyPUMP-B  
4:30-5:30pm  
Lauren |
| Cycle & Tone-C  
5:00-6:00pm  
Kara | Body Pump-  
B  
5:00-6:00pm  
Kara | Tabata-B  
7:15-8:00pm  
Nicole | Tabata-B  
7:15-8:00pm  
Nicole | Tabata-B  
7:15-8:00pm  
Nicole |
| Barre-B  
5:45-6:30pm  
Jackie | Yoga-B  
5:45-6:45pm  
Catie | Yoga-B  
5:45-6:45pm  
Catie | Yoga-B  
5:45-6:45pm  
Catie | Yoga-B  
5:45-6:45pm  
Catie |
| Barre-B  
5:45-6:30pm  
Jackie | Tabata-B  
5:45-6:30pm  
Nicole | Body Pump-  
B  
7:00-8:00pm  
Lucia | Body Pump-  
B  
7:00-8:00pm  
Lucia | Body Pump-  
B  
7:00-8:00pm  
Lucia |
| Zumba-A  
7:00-8:00pm  
Sigfried | Zumba-A  
7:00-8:00pm  
Sigfried | Zumba-A  
7:00-8:00pm  
Sigfried | Zumba-A  
7:00-8:00pm  
Sigfried | Zumba-A  
7:00-8:00pm  
Sigfried |

**Subject to change, please visit https://www.wcupa.edu/_services/CampusRec/groupFitnessSchedule for updates.**

**In purple are Small Group Training Sessions that REQUIRE Participants to pre-register online**
RAM Group Fitness

**Fitness Rotation:** Beginning Monday, February 5th. Need a good workout with some variety? Then this is the class format for YOU! All listed Fitness Rotation group exercise classes are instructed by EXS 484 student instructors in training. Formats of these classes will rotate between Step, Kickboxing, Dance, Pilates, and Yoga. The format of each class will be posted on the white boards outside Studio A and Studio B 24hrs prior to the class. ALL fitness levels are welcomed and encouraged! If you’re looking for a class to wake you up and get you in GREAT shape, then come join us!

**Piyo:** Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with Piyo! It combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Barre:** A fun and empowering class set to today’s hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

**Cycle & Tone:** A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring! Cycling is a great cardiovascular challenge to anyone’s weekly workouts. It is a moderate to intense cycling class filled with a wide selection of upbeat music Cycle & Tone provides 45 minutes of cycle training followed by 15 minutes of abs/core work.

**BODYPUMP™:** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Burn up to 530 calories per class!

**Zumba®:** Ditch your traditional workout and come join the party! Zumba is a Latin-Inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! (no dance experience required 😉) Burn up to 500-800 calories in this party-like environment!

**Yoga:** This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. This class combines the energy and movement of a Yoga class with the core stabilizing and regenerative dynamics of Pilates. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

**Tabata Bootcamp:** A comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength. Within each 45 minute workout, participants experience short intervals based on Tabata Bootcamp’s training that delivers a calorie drenching workout and post metabolic boost (ie. boosts your metabolism to burn calories after the workout). Tabata Bootcamp's motto is "Quality, not quantity". The program offers effective workouts that maximize your results in minimal time...what could be better?!

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RAM Small Group Training

**GRIT- Les Mills GRIT 30-minute classes rotate through a schedule of Cardio-designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises, Plyo-power agility training on a bench that will build a powerful, agile, athletic body and increase speed, and Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.**

**Important Dates:**

**GRIT 21 Launch:** Tuesday January 23rd at 6:15pm

**SMALL GROUP TRAINING SESSIONS:**

- **SGT #1 Preview Week:** Monday January 22nd - Friday January 26th
  *Small Group Training Sessions open to all without payment.
- **Session 1:** January 29th, March 9th
  (online registration deadline: January 26th @12pm)
- **SGT #2 Preview Week:** March 19th – March 23rd
  *Small Group Training Sessions open to all without payment.
- **Session 2:** March 26th- May 4th
  (online registration deadline: March 23rd @12pm)

* All Group Fitness classes and Small Group Training sessions can be modified to any participant’s fitness level

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