### Student Recreation Facility  
737 S. Halsted St.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td></td>
<td>2:15-3:00pm PiYo Live! Jackie Multipurpose Suite</td>
<td>2:00-2:55pm Flow Cissy Multipurpose Suite</td>
<td>2:15-3:00pm DanceFit Stephanie Multipurpose Suite</td>
<td>2:00-2:45pm Pulse Maddi Multipurpose Suite</td>
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<td>3:15-4:00pm Circuit Fit Demeris Multipurpose Suite</td>
<td>3:30-4:15pm Dance Fit Dylan Multipurpose Suite</td>
<td>3:00-3:45pm Triple A Libby Multipurpose Suite</td>
<td>3:00-3:45pm Dance Fit Dylan Multipurpose Suite</td>
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<td>4:45-5:45pm Cycle Michael Spin Suite</td>
<td>4:30-5:15pm Cycle Express Jasmine Spin Suite</td>
<td>4:45-5:45pm Cycle Michael Spin Suite</td>
<td>4:00-4:45pm Pulse Maddi Mind Body Suite</td>
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<td>5:00-6:00pm ¡Baile! Daniela Multipurpose Suite</td>
<td>5:30-6:25pm ¡Baile! Daniela Multipurpose Suite</td>
<td>5:00-5:55pm Relax &amp; Restore Paridhi Mind Body Suite</td>
<td>5:15-6:00pm Butts N Guts Courtney Multipurpose Suite</td>
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<td>6:00-8:00pm Flow Cissy Multipurpose Suite</td>
<td>6:30-7:15pm Pulse Maddi Multipurpose Suite</td>
<td>6:15-7:00pm Cycle Express Jasmine Spin Suite</td>
<td>6:15-7:15pm RIP Em Multipurpose Suite</td>
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*class will meet through March 23, 2019

### Sport & Fitness Center  
828 S. Wolcott Ave.

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td></td>
<td>6:45-7:30am Cycle Express Em Fitness Room 2</td>
<td>6:45-7:30am HIIT Cheryl Fitness Room 2</td>
<td>12:15-1:15pm Core N More Kristina Fitness Room 2</td>
<td>12:15-1:15pm HIIT Cheryl Fitness Room 2</td>
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<td>12:00-1:00pm Flow Sabrina Fitness Room 1</td>
<td>12:00-1:00pm Total Body Workout Wallace Fitness Room 2</td>
<td>12:00-1:00pm BollyX Marian Fitness Room 2</td>
<td>12:00-1:00pm HIIT Cheryl Fitness Room 2</td>
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<td>5:30-6:25pm HIIT Cheryl Fitness Room 2</td>
<td>5:15-6:15pm WEI Laurene Fitness Room 2</td>
<td>5:30-6:30pm Core N More Kristina Fitness Room 2</td>
<td>5:00-5:55pm Relax &amp; Restore Sabrina Fitness Room 1</td>
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<td></td>
<td>6:30-7:30pm BollyX Jaya Fitness Room 2</td>
<td>*class will meet through March 23, 2019</td>
<td></td>
<td>6:00-7:00pm WERQ Sweta Fitness Room 1</td>
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<td>10:00-11:00am BollyX Natasha Fitness Room 1</td>
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Saturday

Updated January 14
CLASS DESCRIPTIONS

¡Baile!: Join in for a fun filled workout that will make you sweat and smile while doing it! A dance fitness class revolved around Latin music that’ll be sure to make you move. No dance experience needed, just come learn the steps and have fun.

BollyX: BollyX is a high intensity Bollywood Cardio workout! Move to the heart pumping beats of Bollywood, get ready to feel that muscle burn and unleash your inner swagger.

Bootcamp: This class is for anyone looking for a fun and challenging workout. Instructors will incorporate interval training, circuit stations, and athletic drills. Basic body-weight and resistance exercises, coupled with bursts of cardio will ensure a balanced workout guaranteed to make you sweat!

Butts N Guts: This class will focus on strengthening your core, glutes and abs!

Circuit Fit: This combination of strength and cardiovascular exercise circuit class will help you reach your fitness goals.

Core & More: This upbeat class will focus on strengthening your core and more! This class will use body weight, medicine balls, bands, dumbbells and more to strengthen you from the core out!

Cycle Express: 40-50 minutes of action packed cycling. Designed for those who are short on time, but high on motivation! Get ready for a great ride!

Cycle: This hour long cycle class will take your cardiovascular training to the next level. The energizing music and motivational coaching will help you reach your goals!

Dance Fit: Burn calories and tone your body in this class that combines different dance styles into a great workout. Get fit while having a blast!

Flow: This class will use the flow of your breath to connect stretches and postures that will help bring strength, balance, and flexibility to your workout.

HIIT: This class is a HIIT! High Intensity Interval Training will help keep your heart pumping and blasting calories.

PiYo Live!: Sweat, stretch and strengthen in one low-impact, body-sculpting workout. PiYo Live cranks up the intensity and speed of traditional Pilates and yoga to help you shape sleek arms, flat abs, and a lifted bum.

Pulse: Pulse will combine the relaxing aspects of a yoga practice with the pulsating work of a barre class. Be ready to strengthen your entire body!

Pyramid Push: This class is guaranteed to push you! You will get a total body workout by using a pyramid style strength training format.

RIP: RIP is a barbell strength training program and delivers the results you are looking for. Each workout incorporates functional training through every plane of movement to great music!

Relax & Restore: A meditation and relaxation class that will use breathing techniques and restorative poses to calm the mind and body. Restorative poses are gentle twists, folds and back bends designed to settle the body and restore it to a balanced state.

Total Body Workout: Have only an hour to get your workout in? No problem! This high intensity class combines various types of cardio and strength training exercises to firm you up and slim you down! An excellent full body workout followed by core training.

Triple A: Looking to work your arms, abs and a$$? This class will focus on strengthening and toning your arms, abs and legs!

WERQ: WERQ is the fiercely fun dance fitness class based on pop, rock and hip hop music. Get ready to sweat and have a blast at WERQ!

Schedule Updates
There will be no drop-in group fitness classes on January 21 and March 25-30 for spring break. There will be a special group fitness schedule for finals week, May 6-10.

The schedule is subject to change. Follow us on social media for up-to-date program information.

Group Fitness Instructor Workshop
Interested in teaching group fitness? Email fitness@uic.edu for more information. A Group Fitness Instructor Workshop will be held on Saturday, February 9 from 9:30am to 5:30pm. Register online at www.rec.uic.edu.

REC LIVE
Join us for Rec Live on Thursday January 17th!

4:00-4:25pm  WERQ-Laurene
4:30-4:55pm Flow-Sabrina
5:00-5:25pm Butts N Guts-Courtney
5:30-5:55pm Cycle-Em

*Please note: For REC LIVE on January 17th there will be no other drop-in group fitness classes that evening at either facility.

Group Fitness Policies:
- Drop-in classes are on a first-come, first-serve basis.
- Please arrive early to RIP and Cycle classes for set-up.
- Please arrive within the first 5 minutes of class for your own safety.
- Please wear appropriate workout attire and athletic shoes.
- A minimum of three participants is required for class to be held.