







MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>3:30 pm</b></p> <p>Rhythm Cycle 40 Julia</p> <hr/> <p><b>4:15pm</b> Pilates fusion 30 Angie</p>	<p><b>7:15am</b> Rhythm Cycle 45  Ally</p>	<p><b>7:15am</b>  <b>35</b> Angie</p> <hr/> <p><b>4:15pm</b> Pilates fusion 30 Angie</p>	<p><b>7:15am</b> Rhythm Cycle 45 Angie</p>	<p><b>3:00 pm</b> Cycle Sculpt 45 Angie</p> <hr/>	<p><b>10:15am</b> Rhythm Cycle Instructor rotation</p>	
<p><b>5:00pm</b>  Stacey</p>	<p><b>5:00pm</b> Rhythm Cycle 45 Angie</p>	<p><b>5:00pm</b>  Stacey</p>	<p><b>4:45pm</b>  Angie</p>	<p></p> <p><b>Register for a spot online at:</b> <a href="http://webapps.salisbury.edu/fitness">webapps.salisbury.edu/fitness</a></p> 		
<p><b>6:15pm</b></p> <p><b>YOGA</b> Move with Breath – Vinyasa yoga  Courtney</p>	<p><b>6:00pm</b></p> <p><b>LINE DANCE</b> Class Kalynn</p>	<p><b>6:00pm</b></p> <p>Cycle Sculpt Julia</p>	<p><b>5:30pm</b></p> <p><b>Interval</b> Cycle 30  Angie</p>			
<p><b>7:15pm</b></p> <p>Rhythm Cycle 30  Ally</p>		<p><b>7:00pm</b></p> <p><b>Dance Fitness</b>  Hannah</p>				

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Group Power is a one-hour, cutting-edge strength training workout designed to get you **MUSCLE STRONG AND MOVEMENT STRONG**. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.

**GROUP POWER 35:** A 35 minute version of Group Power.



Mossas Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

### **DANCE FITNESS:**

A heart pumping, beast mode, girl power workout that will leave you dripping in sweat, strength and swag! Get ready to dance, dance, dance!

### **Rhythm CYCLE 45 or 40 (minutes)**

This class is 45 minutes of heart raising, indoor cycling fun. A rhythm-based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

### **Interval Cycle 30**

Get a quick heart-thumping cardio class with 30 minutes of traditional cycling including sprints, jumps and hills.

### **Cycle Sculpt 45 (minutes)**

This class is a rhythm-based cycle class that adds 2-3 lb weights throughout the class for upper body light weight/high repetition work.

**Pilates Fusion:** This workout includes a series of classical pilates and pilates inspired exercises that are great for toning and creating lean muscle while strengthening the core. This is a low-impact class that is a blend of strength, flexibility and mindful movement.

**Move with Breath Vinyasa Yoga:** This class is a combination of vinyasa style sequencing and deep stretching.

**Gentle Yoga:** A low intensity, restorative yoga. Allows time to hold poses and breathe.