

# Spring 2025

**RECREATION+**  
**WELLNESS**

## #BLUEJAYFIT Classes

Upper Fitness

Graves

Mind & Body Suite 148

Multipurpose Room 135

### MONDAY

**Basic Yoga**  
6:30AM - 7:30 AM

**AB Attack**  
8:00AM - 8:30AM

**Barre**  
5PM - 6PM

**Power Yoga**  
6PM - 7PM

**Kickboxing**  
6:15PM-7PM

**Bluejay Cycle**  
7:15PM - 8PM

**WERQ**  
8:15PM-9:15PM

### TUESDAY

**Bluejay Cycle**  
6:15AM-7AM

**Dynamic Conditioning**  
7AM - 8AM

**Bluejay Cycle**  
7:15AM-7:45AM

**Barre**  
8AM - 8:45AM

**Stretch + Mobility**  
12PM - 1PM

**Barbell Blast**  
6PM - 7PM

**Yin Yoga**  
7PM - 8PM

**Bluejay Cycle**  
7:15PM - 8PM

**AB Attack**  
8:30PM - 9PM

### WEDNESDAY

**WERQ**  
6:30AM - 7:15AM

**Bluejay Cycle**  
8AM - 8:30AM

**HIIT**  
12PM - 12:45PM

**Vinyasa Yoga**  
3:30PM - 4:30PM

**Women + Weights**  
5:30PM - 6:30PM

**Yoga Sculpt**  
6PM - 7PM

**Cycle + Barre**  
6PM - 7PM

**HIIT**  
7:15PM - 8PM

**Mat Pilates**  
8:30PM - 9:30PM

### THURSDAY

**Bluejay Cycle**  
6:15AM-7AM

**HIIT**  
7:15AM- 8AM

**Vinyasa Yoga**  
12PM - 1PM

**AB Attack**  
3PM - 3:30PM

**WERQ**  
3:30PM - 4:30PM

**Bluejay Cycle**  
5PM - 5:45PM

**Cross Training**  
6PM - 7PM

**Yoga Sculpt**  
7PM - 7:45PM

**WERQ**  
8PM - 8:45PM

### FRIDAY

**Yoga Sculpt**  
6:30AM - 7:15AM

**Barbell Blast**  
7:30AM - 8:30AM

**Barre**  
3:30PM - 4:30PM

**Cycle + Sculpt**  
5PM-6PM

**SURGE**  
6:15PM - 7PM

### SATURDAY

**Cycle + Barre**  
4PM - 5PM

### Sunday

**Vinyasa Yoga**  
4PM - 5PM

**AB Attack**  
4PM - 4:30PM

**WERQ**  
5PM-5:45PM



←  
**GRAB  
YOUR  
PASS**

### **Ab Attack**

Will focus on Core Stability working on Stabilization and functional core movement with some Ab Workouts as well. Improving your balance and your core.

### **Barre**

A full body workout that combines elements of ballet, Pilates, yoga, and strength training.

### **Barbell Blast**

This is a strength based class, using barbells, dumbbells and bends to work on a total body strength.

### **Basic Yoga**

Foundational class that aims to improve balance, stability, alignment, and strength.

### **Bluejay Cycle**

An energetic low impact cardio class that takes you through sprints, climbs, and free rides.

### **Cross Training**

Fast paced and energetic! This class will push you to do more, challenging your mind and body.

### **Cycle + Barre**

Half cycle half barre. This class will be sure to target the whole body in toning and improving your cardiovascular health.

### **Cycle + Sculpt**

Half cycle half strength based training so you get it all! Spend half the time on the bike and the other half improving your strength.

### **Dynamic Conditioning**

Structured for progressive overload. The focus of the class will cycle through different main workouts to increase strength, hypertrophy, mobility and cardiovascular health.

### **HIIT**

High intensity interval training combines short bursts of work periods followed by a rest period to increase your strength and endurance.

### **Kickboxing**

Knocking out your fitness goals all in one class. This class targets the whole body combining strength, balance, and cardio.

### **Mat Pilates**

A mat Pilates class that strengthens and stabilizes the whole body while also improving posture and flexibility.

### **Power Yoga**

Lower intensity strength based class that incorporates isometric and isotonic movements with the breath.

### **Surge**

Mindfulness, breathwork, postures, and mediation to improve mental and physical health

### **Stretch + Mobility**

helps improve the ability to move freely and easily by strengthening muscles or tending to help improve range of motion and muscle control with the body, band or lightweight.

### **Vinyasa Yoga**

Strengthen the body and mind through this low intensity class. Learn how to link your breath to movement and calm the mind.

### **WERQ**

Dance it out! This upbeat class leads you through non-stop athletic and dance moves to pop and hip-hop songs.

### **Women + Weights**

Getting comfortable lifting, every week there will be a focus on a main lift while also learning accessories lift to get strong. This is a safe area for learning proper and getting strong.

### **Yin Yoga**

Slow paced yoga practice that holds poses for longer periods of time to target deep connective tissue to help reach a more meditative piece of mind.

### **Yoga Sculpt**

Target your whole body in this faster paced power yoga class that incorporates, toning, cardio, and mindfulness all in one.