

# GROUP FITNESS SCHEDULE-FALL 2025

## DECEMBER 1-21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Classes</b>			<b>Questions? Contact <a href="mailto:CFHLfitness@unmc.edu">CFHLfitness@unmc.edu</a></b>	
	<i>Time Change</i> <b>Barbell Strength</b> Kim <b>7:00-7:45am</b> Room 1004		<i>Time Change</i> <b>Barbell Strength</b> Kim <b>7:00-7:45am</b> Room 1004	
<b>Lunch Classes</b>				
<b>Hatha Yoga</b> Devashree 12:00pm-1:00pm Room 1009	<b>TRX</b> Decature 12pm-12:45pm Room 1009	<b>Total Body Fitness</b> Decature 12pm-12:45pm Room 1004	<b>Total Body Fitness</b> Decature 12pm-12:45pm Room 1004	<b>Power Pump</b> Kristal 12:00-12:45pm Room 1004
<b>Butts and Guts</b> Kristal 12:00-12:45pm Room 1004	<b>Pilates Fusion</b> Kristal 12:00-12:45pm 1004	<b>Pop-Up Class</b> <b>Les Mills Body Combat</b> Kristal 12:00-12:30pm 1009		
<b>Afternoon Classes</b>				
<b>Warrior Workout</b> Kim 5:15-6:00pm Room 1004	<b>Yin Yoga</b> Annie 5:15pm-6:15pm Room 1009	<b>Warrior Workout</b> Kim 5:15-6:00pm Room 1004	<b>Slow Flow Yoga</b> Annie 5:15pm-6:15pm Room 1009	
		<b>Pop-Up Class</b> <b>Les Mills Tone</b> Darby 5:15-6:00pm 1009	<b>MixedFit</b> Sammie 5:15pm-6:00pm Room 1004	

**CLASSES  
ARE FREE  
WITH YOUR  
MEMBERSHIP**

**Hatha Yoga | Mondays noon-1 p.m. | Room 1009 | Instructor: Devashree**

Emphasizing breathwork, postures, relaxation, and meditation. Focusing on ensure proper alignment and to build core strength and flexibility with every pose.

**Butts and Guts | Mondays noon-12:45 p.m. | Room 1009 | Instructor: Kristal**

Combining traditional strength training with functional movements to build strength. We use different equipment each week to build strength in your lower body and core.

**Warrior Workouts | Mondays & Wednesdays 5:15-6 p.m. | Room 1004 | Instructor: Devashree**

Get ready to sweat, move, and unleash your inner warrior! This high-energy, full body conditioning class blends strength, cardio, agility, and endurance using a variety of equipment. Expect functional movements, creative circuits, and non-stop motivation in a team-like atmosphere. Each session is designed to meet your fitness level, challenge your limits, and leave you feeling powerful.

**Barbell Strength | Tuesdays 7-7:45 a.m. | Room 1004 | Instructor: Kim**

Build strength, confidence, and technique in this total body barbell training class. Designed for all fitness levels, Barbell Strength focuses on foundational lifts to improve muscular strength, endurance, and power. Whether you are new to lifting or a veteran, this class provides structured progressions, proper technique coaching and a motivating group environment.

**TRX | Tuesdays noon-12:45 p.m. | Room 1009 | Instructor: Decature**

A total body, high intensity workout uses the TRX strap to create a full body workout. It's designed to enhance your strength, stamina, balance, coordination, flexibility, and overall body control.

**Pilates Fusion | Tuesdays noon-12:45 p.m. | Room 1004 | Instructor: Kristal**

You'll engage in a full-body workout using light weights, resistance bands, and bodyweight exercises to build strength, improve stability, and support functional movement. Each class begins and ends with a gentle mobility flow designed to enhance flexibility, increase range of motion, and release tension.

**Yin Yoga | Tuesdays 5:15-6:15 p.m. | Room 1009 | Instructor: Annie**

This slower-paced class focuses on holding poses for longer periods, allowing your muscles to relax and promoting work on fascia and connective tissues. The result? Improved flexibility and a deeper sense of release.

**Total Body Fitness | Wednesdays & Thursdays noon-12:45 p.m. | Room 1004 | Instructor: Decature**

A high-energy conditioning class challenges you with short, intense cardio intervals paired with musclestrengthening exercises for a full-body workoutPop

**Les Mills BodyCombat | Wednesdays noon-12:30 p.m. | Room 1009 | Instructor: Kristal**

This class is a high-energy, martial arts-inspired workout that combines moves from various disciplines like boxing, karate and taekwondo. It is a non-contact, full-body cardio workout designed to improve stamina, tone muscles and build coordination.

**Les Mills Tone | Wednesdays 5:15-6 p.m. | Room 1009 | Instructor: Darby**

This fitness class combines cardio, strength and core training to improve strength, balance, flexibility and overall fitness. This cross-training workout uses light free weights and resistance bands. It is designed for all fitness levels.

**Slow Flow Yoga | Thursdays 5:15-6:15 p.m. | Room 1009 | Instructor: Annie**

Guiding you through each pose slowly, allowing time to stretch, improve flexibility, and recover. Whether you're a complete yoga beginner or using yoga to recover from intense workouts, this slow flow yoga practice is what you are looking for.

**MixedFit | Thursdays 5:15-6 p.m. | Room 1004 | Instructor: Sammie**

Combining explosive dance movements with bodyweight toning. The moves are easy to follow and repetitive. We want you to get lost in the music and in your workout, not in complicated dance steps. Incorporating bodyweight toning and HIIT style exercises so you can challenge yourself.

**Powerpump | Fridays noon-12:45 p.m. | Room 1009 | Instructor: Kristal**

High-rep, low-weight strength class uses time under tension and muscle fatigue to sculpt and tone your entire body. The workout is set to a custom playlist designed to keep you motivated and push you to the next level.