

GROUP FITNESS SCHEDULE-FALL 2025

SEPTEMBER 2-DECEMBER 31

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Morning Classes

Questions? Contact CFHLfitness@unmc.edu

Barbell Strength
Kim
6:30-7:15am
Room 1004

Barbell Strength
Kim
6:30-7:15am
Room 1004



Lunch Classes

Hatha Yoga
Devashree
12:00pm-1:00pm
Room 1009

TRX
Decature
12pm-12:45pm
Room 1009

Total Body Fitness
Decature
12pm-12:45pm
Room 1004

Total Body Fitness
Decature
12pm-12:45pm
Room 1004

Power Pump
Kristal
12:00-12:45pm
Room 1004

Butts and Guts
Kristal
12:00-12:45pm
Room 1004

Pilates Fusion
Kristal
12:00-12:45pm
1004

Afternoon Classes

Warrior Workout
Kim
5:15-6:00pm
Room 1004

Yin Yoga
Annie
5:15pm-6:15pm
Room 1009

Warrior Workout
Kim
5:15-6:00pm
Room 1004

Slow Flow Yoga
Annie
5:15pm-6:15pm
Room 1009

MixedFit
Sammie
5:15pm-6:00pm
Room 1004

**CLASSES
ARE FREE
WITH YOUR
MEMBERSHIP**

Butts and Guts 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.

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

Barbell Strength 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.

Warrior Workouts 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.

TRX 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 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 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 A high-energy conditioning class challenges you with short, intense cardio intervals paired with muscle-strengthening exercises for a full-body workout.

Slow Flow Yoga 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 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 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.

IF YOU HAVE QUESTIONS EMAIL CFHLFITNESS@UNMC.EDU