## MYZONE

MYZONE is an innovative heart rate-based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. Purchase your MYZONE strap at the Fitness Center Front Desk. Use the strap with the MYZONE app any time you workout to track your progress. This fall the Wednesday morning RPM Cycling class will use a live leader board to track MYZONE class statistics. MYZONE will be added to more classes in the spring.

## UVM Campus Recreation

For Accommodations (802) 656-3070

## FALL 2018 Weekly Schedule

### GROUP FITNESS

**MONDAY**
- 6:30-7:15am CYCLING Guterson Multipurpose
- 12:00-12:50pm CYCLING Guterson Multipurpose
- 12:00-12:50pm YOGA FLOW Campus Rec Studio
- 4:00-4:45pm YOGA RESTORE Campus Rec Studio

**TUESDAY**
- 6:30-7:30am LESMILLS BODYPUMP Guterson Multipurpose
- 8:15-8:45am LESMILLS RPM CYCLING Guterson Multipurpose
- 12:15-1:00pm CYCLING Guterson Multipurpose
- 12:00-12:55pm LESMILLS BODYPUMP Campus Rec Studio
- 12:00-12:55pm LESMILLS BODYPUMP Patrick Multipurpose
- 4:15-5:15pm ARMS, BUTT, CORE (ABC) Patrick Multipurpose
- 4:30-5:15pm YOGA FLOW Campus Rec Studio
- 5:00-5:30pm CORE BLAST Patrick Multipurpose
- 5:00-6:00pm LESMILLS BODYPUMP Campus Rec Studio
- 5:15-6:15pm LESMILLS BODYATTACK Patrick Multipurpose
- 5:30-6:00pm CORE BLAST Patrick Multipurpose
- 5:30-6:15pm CYCLING Guterson Multipurpose
- 5:30-6:30pm LESMILLS BODYPUMP Campus Rec Studio
- 5:45-7:00pm LESMILLS BODYATTACK Patrick Multipurpose
- 6:15-7:00pm ARMS, BUTT, CORE (ABC) Patrick Multipurpose
- 6:30-7:15pm LESMILLS RPM CYCLING Guterson Multipurpose
- 6:45-7:30pm YOGA RESTORE Campus Rec Studio
- 6:45-7:30pm LESMILLS RPM CYCLING Guterson Multipurpose
- 7:15-8:15pm KICKBOX MA Patrick Multipurpose
- 7:45-8:30pm ZUMBA Campus Rec Studio

**WEDNESDAY**
- 8:15-8:45am LESMILLS RPM CYCLING Guterson Multipurpose
- 12:00-12:50pm YOGA FLOW Campus Rec Studio
- 12:00-12:55pm LESMILLS BODYPUMP Campus Rec Studio
- 12:15-1:00pm LESMILLS BODYPUMP Campus Rec Studio
- 3:05-3:50pm YOGA FLOW Campus Rec Studio
- 4:00-5:00pm YOGA FLOW Campus Rec Studio
- 5:15-6:00pm LESMILLS BODYATTACK Patrick Multipurpose
- 5:15-6:15pm LESMILLS BODYPUMP Campus Rec Studio
- 5:30-6:15pm LESMILLS BODYATTACK Patrick Multipurpose
- 6:00-6:45pm LESMILLS RPM CYCLING Guterson Multipurpose
- 6:15-7:00pm ARMS, BUTT, CORE (ABC) Patrick Multipurpose
- 6:30-7:30pm LESMILLS RPM CYCLING Guterson Multipurpose
- 6:30-7:30pm KICKBOX MA Patrick Multipurpose
- 6:45-7:30pm ZUMBA Campus Rec Studio
- 7:00-8:00pm CYCLING Guterson Multipurpose
- 7:45-8:15pm YOGA FLOW Campus Rec Studio

**THURSDAY**
- 12:00-12:50pm YOGA FLOW Campus Rec Studio
- 12:00-12:55pm LESMILLS RPM CYCLING Guterson Multipurpose
- 4:45-5:15pm CYCLING Guterson Multipurpose
- 5:45-6:15pm LESMILLS RPM CYCLING Guterson Multipurpose
- 6:00-6:45pm LESMILLS RPM CYCLING Guterson Multipurpose
- 7:15-8:15pm KICKBOX MA Patrick Multipurpose
- 7:45-8:15pm YOGA FLOW Campus Rec Studio

**FRIDAY**
- 12:00-12:50pm YOGA FLOW Campus Rec Studio
- 12:00-12:55pm LESMILLS RPM CYCLING Guterson Multipurpose
- 1:15-2:00pm LESMILLS BODYATTACK Patrick Multipurpose
- 4:15-5:15pm LESMILLS BODYPUMP Campus Rec Studio
- 5:30-6:15pm LESMILLS BODYATTACK Patrick Multipurpose
- 7:15-8:15pm KICKBOX MA Patrick Multipurpose
- 7:45-8:15pm YOGA FLOW & RESTORE Campus Rec Studio

**SATURDAY**
- 12:15-1:15pm LESMILLS RPM CYCLING Guterson Multipurpose
- 12:15-1:15pm LESMILLS BODYPUMP Campus Rec Studio
- 5:45-6:45pm CYCLING Guterson Multipurpose
- 6:15-7:00pm Campus Rec Studio
- 7:15-8:15pm Campus Rec Studio

**SUNDAY**
- 5:45-6:45pm CYCLING Guterson Multipurpose
- 6:15-7:00pm Campus Rec Studio
- 7:15-8:15pm Campus Rec Studio

## FOLLOW US

Follow us for giveaways, updates, pictures, event info and more!

## MYZONE

MYZONE is an innovative heart rate-based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. Purchase your MYZONE strap at the Fitness Center Front Desk. Use the strap with the MYZONE app any time you workout to track your progress. This fall the Wednesday morning RPM Cycling class will use a live leader board to track MYZONE class statistics. MYZONE will be added to more classes in the spring.

## UVM Campus Recreation

For Accommodations (802) 656-3070

## Purchase your group fitness pass now!

UVMCAMPUSREC.COM