



# Group X Workouts January 8-March 16

GSH = Global Scholars Hall • SRC = Student Recreation Center • \* Free Classes

(must have building access to participate in fitness programs)

# FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 a.m.	<b>Cycle+TRX</b> Fitness Yard, SRC 40		<b>Cycling</b> (6:30-7:20 a.m.), SRC 40				
11:00-11:50 a.m.					<b>Relaxation Yoga*</b> Duck Nest, EMU 041 <b>Cycling Around Oregon</b> SRC 40	<b>Morning Yoga Flow</b> SRC 283	
Noon-12:50 p.m.	<b>Strength Intervals</b> SRC 41	<b>Cycling</b> SRC 40	<b>Strength Intervals</b> SRC 41	<b>Cycling</b> SRC 40	<b>Barre Strength</b> SRC 41	<b>Cycle+Sculpt</b> SRC 40	
4:00-4:50 p.m.					<b>Freebie Friday*</b> (see below)		
5:00-5:50 p.m.	<b>Body Sculpt</b> SRC 41 <b>Cycling</b> SRC 40	<b>UrbanKick®</b> SRC 41 <b>Row+Strength</b> SRC 283	<b>Body Sculpt</b> SRC 41 <b>Cycling with Friends</b> SRC 40	<b>UrbanKick®</b> SRC 41 <b>Cycle+Sculpt</b> SRC 40			
6:00-6:50 p.m.	<b>Barre Strength</b> SRC 41	<b>POUND®</b> SRC 41 <b>Vinyasa Yoga</b> SRC 283	<b>Barre Strength</b> SRC 41	<b>POUND®</b> SRC 41 <b>Vinyasa Yoga</b> SRC 283			
7:00-7:50 p.m.	<b>Pilates Core Work</b> SRC 41	<b>Just Dance</b> SRC 41	<b>Pilates Yoga Fusion</b> SRC 283				
7:30-8:30 p.m.							<b>Just Dance*</b> GSH
8:00-8:50 p.m.	<b>Zumba</b> SRC 41		<b>Zumba</b> SRC 41				<b>Candlelight Power Yoga</b> SRC 283

## Group X Passes

Sessions	Price	Cost/Session	
1	\$8	\$8	<b>25% OFF</b> Group X with purchase of Webfoot CrossFit® Pass**
5	\$35	\$7	
10	\$60	\$6	<b>50% OFF</b> Group X Unlimited Pass with purchase of Webfoot CrossFit® UnlimitedPass
20	\$80	\$4	
*Unlimited	\$100	<\$3.30	

\* Valid during term of purchase

\*\* Not valid for single-session pass

## Freebie Friday

4:00-4:50 p.m.

Date	Class	Date	Class
Jan. 12	<b>AcroYoga</b> SRC 47	Feb. 16	<b>Row+Strength</b> SRC 283
Jan. 19	<b>Barre+Sculpt</b> SRC 41	Feb. 23	<b>Cinema Cycle</b> SRC 40 <b>TRX</b> SRC Fitness Yard
Jan. 26	<b>Dance Divas</b> SRC 41	March 2	<b>Body Sculpt</b> SRC 41
Feb. 2	<b>UrbanKick®</b> SRC 41	March 9	<b>Explicit Ride</b> SRC 40
Feb. 9	<b>POUND®</b> SRC 41	March 16	<b>Relaxation Candlelight Yoga</b> SRC 283

# Group X Descriptions

## Newest Group X Classes:

**CYCLE+TRX** is a two-for-one workout starting with strength training in the SRC Fitness Yard followed by a powerful cycle express class to finish it off.

**RELAXATION YOGA** is a FREE class every Friday afternoon that will provide relief from tightness and stress and leave your body and mind feeling revived and calm.

**ROW+STRENGTH** is a team-based circuit workout that offers the efficient, full-body strength and cardio experience you have been looking for.

**CANDLELIGHT POWER YOGA** is a dynamic and physically energizing yoga practice flowing to music and breath. Use the ambience to begin your week feeling energized.

**CYCLING AROUND OREGON** is an indoor ride infused with beautiful imagery to make you feel like you are exploring Oregon.

**CYCLING WITH FRIENDS** is your opportunity to bring a friend to class for free with your Group X workout pass.

## Bring Fitness To Your Group

Schedule any private fitness workout for your friends today. Each workout is designed to meet your specific group's needs. Workouts can be held at the SRC or we can come to you. Contact [jlj@uoregon.edu](mailto:jlj@uoregon.edu) to schedule your workout party today.

# Small Group Training Workouts

\$100 each

	Workouts	Time	Location
<b>MONDAYS AND WEDNESDAYS</b> Jan. 17-March 12 (No class on MLK Day, Jan. 15)	Lift Like a Girl	4:30-5:30 p.m.	SRC 50, Fitness Factory
<b>TUESDAYS AND THURSDAYS</b> Jan. 16-March 8	Powerlifting	5:00-6:00 p.m.	Fitness Alley
	AcroYoga	5:00-6:00 p.m.	Mat Room 47

## Small Group Training Descriptions

**ACROYOGA:** AcroYoga combines yoga and acrobatics. AcroYoga is about trust, playfulness, and community. You need not be a master gymnast, circus acrobat, or seasoned yogi to enjoy. You'll learn necessary building blocks to take the physical skills you have to new heights. This class enhances kinesthetic awareness, core strength, mobility, and relaxation.  
*12 participants max, SRC 47*

**LIFT LIKE A GIRL:** Lift Like a Girl is a class designed for new lifters, or those looking to master the basics of powerlifting and Olympic lifting movements. This class aims to build community among female weightlifters, provide introductory coaching for the back squat, deadlift, bench, snatch, and clean and jerk, while emphasizing technique and increasing overall strength. *\*6 participants max, all self-identified women welcome. SRC 50, Fitness Factory*

**POWERLIFTING:** Focus on maximizing different techniques and increasing your overall strength at the bench press, deadlift, and squat. *6 participants max. SRC 140, Fitness Alley*

**REGISTER AT THE SERVICE CENTER**

*Try any Group X, Webfoot CrossFit®, and Small Group Training classes for FREE week one (Jan. 8-14).*

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**Student Recreation Center**

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