VIRTUAL GROUP FITNESS

BY UNIVERSITY OF NEW BRUNSWICK

All classes will be conducted online using Zoom and will require a link in order to join. To receive your weekly class link, please sign up for our mailing list. Each week we will email the link to all registered participants. The same link can be used to join all classes for that week. All classes are included in your URec Membership.

MAY 31 - JULY 2

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hi/Lo Cardio 30 MINS</td>
<td>Cardio &amp; Core 45 MINS</td>
<td>“WOW” Workout of the week 12 P.M.</td>
<td>Yoga for the Outdoor Enthusiast 12 P.M.</td>
<td>METCON45 45 MINS</td>
</tr>
<tr>
<td>Zumba® 7 P.M.</td>
<td>7:30 A.M.</td>
<td>AMANDA</td>
<td>WENDY 12 P.M.</td>
<td>DANIKAI 12 P.M.</td>
</tr>
<tr>
<td>Step 30 MINS</td>
<td>Cardio &amp; Core 45 MINS</td>
<td>“WOW” Workout of the week 12 P.M.</td>
<td>Yoga for Healthy Shoulders 12 P.M.</td>
<td>METCON45 45 MINS</td>
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<td>“WOW” Workout of the week 12 P.M.</td>
<td>Yoga for a Healthy Back 12 P.M.</td>
<td>METCON45 45 MINS</td>
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<td>“WOW” Workout of the week 12 P.M.</td>
<td>No class due to Canada Day</td>
<td>METCON45 45 MINS</td>
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*NOTE: Instructors are subject to change without notice.

*DISCLAIMER: As with all exercise programs, to reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. UNB Recreation Services will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website. This includes emails, videos and text. Thanks for your understanding.
CLASS DESCRIPTIONS

Zumba®
Join the party in this cardio dance class that incorporates various Latin dances such as salsa, merengue and samba.

Cardio & Core
Train your heart and your core in this interval based workout with options for all fitness levels. Bring your water bottle and sneakers for this jam-packed session.

METCON45
Metabolic conditioning or “METCON” for short uses short bouts of higher intensity training designed to increase metabolic demand and increase energy usage. This full body interval style workout is designed to train stamina, endurance and conditioning. Join us for this quick and effective workout!

Step
Join us for a fun-filled class consisting of choreographed moves for the step. This is a great cardiovascular workout suitable for all levels.

Hi/Lo Cardio
Enjoy 30 minutes of heart pumping moves with a variety of options to increase or decrease the intensity. All movements are done on the floor to music.

Yoga for the Outdoor Enthusiast
Do you enjoy being active outdoors? Whether it is gardening or other activities like hiking or swimming, it is still important to care for your body. This class will provide an opportunity to release to the low back and hips, and tension in the shoulders and neck.

Yoga for Healthy Hips
Join Wendy for this class focused on hip mobility and stability using fundamental yoga asanas. Just in time to feel strong this summer!

Yoga for a Healthy Back
Join Wendy for this class focused on fundamental yoga asanas for a healthy spine.

Yoga for Healthy Shoulders
Join Wendy for this class focused on fundamental yoga asanas for healthy shoulders.

“WOW” - Workout of the week
Workout of the week This class changes styles each week to offer varied, dynamic, full body workouts. Each class will vary in exercises and household items to keep you challenged. All workouts will include cardio, strength training, agility and flexibility. Come check out our WOW!

INTENSITY LEVEL INDICATOR

MILD

MODERATE

INTERMEDIATE

CHALLENGING