







# SPRING 2021 GROUP FITNESS

## CLASSES BEGIN JANUARY 4




### MONDAY

- V**  6:00AM **Bootcamp** w/ Dillon
- V**  12:00PM **HIIT** w/ Andy
- V**  5:30PM **BODYPUMP** w/ Lydia




### TUESDAY

- V**  12:00PM **BODYPUMP** w/ Lita
- V**  4:30PM **Bootcamp** w/ Bethany
- V**  5:30PM **Vinyasa Yoga** w/ Cara

### WEDNESDAY

- V**  6:00AM **Bootcamp** w/ Dillon
- V**  12:15PM **Healthy U Yoga** w/ Lita
- V**  5:30PM **BODYPUMP** w/ Lydia

### THURSDAY

- V**  12:00PM **BODYPUMP** w/ Corie
- V**  4:30PM **HIIT** w/ Bethany
- V**  5:30PM **Power Yoga** w/ Brittini

### FRIDAY

- V**  12:00PM **Vinyasa Yoga** w/ Lucinda


#### COLOR CODE:

**MIND/BODY**

**CONDITIONING**

**STRENGTH**

#### CLASS DURATION:

 45 min

 55 min

#### CLASS LOCATION:

**V**

Virtual via Zoom until further notice

Scan the QR Code below  
with your smart phone  
camera to sign up!



**KU** KIRMAYER  
FITNESS CENTER  
The University of Kansas Medical Center

# KIRMAYER GROUP FITNESS

## SPRING 2021

### GROUP FITNESS CLASS DESCRIPTIONS:

#### MIND/BODY

##### Vinyasa Yoga

A dynamic yoga class focusing on mobility, flexibility, strength, and relaxation. Options will be offered for all yoga experience levels.

##### Power Yoga

A physically intense power vinyasa flow class to boost your yoga practice and improve your overall health. Great for those who want to take their yoga practice to a new level but still welcoming to all attendees.

##### Healthy U Yoga

This inclusive yoga practice is focused on stretching and breathing in each yoga pose. This 45-minute workout will help reduce your stress and calm your mind. ALL fitness levels welcome!

#### CONDITIONING

##### HIIT

High Intensity Interval Training has the primary focus of short, intense bouts of exercise. HIIT combines several modes of training to confuse the muscles and help you break your exercise plateaus. A class for all fitness levels.

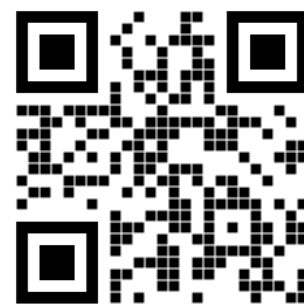
##### Bootcamp

We want to keep you guessing and challenge you differently in every class! Workouts are designed to improve your overall fitness—strength, cardio, agility and endurance!

#### STRENGTH

##### BODYPUMP

Les Mills BODYPUMP is a weight lifting class for everyone! Using light to moderate weights with lots of repetitions (reps), BODYPUMP, gives you a total body workout that brings your fitness to new heights.



**Register for classes online via  
the Kirmayer Fusion Portal!**

***\*\*Please check online for class updates including  
schedule changes, substitutions and cancellations\*\****

### GROUP FITNESS CLASS POLICIES:

- Classes having low participation numbers may be changed.
- Classes are subject to change of instructor, format, time or cancellation.
- Please notify the instructor of any injuries or medical conditions prior to class starting.
- Class participants must have a valid membership to Kirmayer OR pay for a Group Fitness pass to obtain access to classes.
- Only group fitness class participants are allowed to exercise with the class.
- Classes begin promptly on time. Please tune into the class early.
- Please wear appropriate athletic clothing & closed toe shoes (except Mind/Body classes).
- For the respect and safety of all participants, cell phone usage during class is strictly prohibited.