



# Exercise Class Schedule

January 31 – May 27, 2022

<https://hawleyfitness.uconn.edu/classes/>

	Monday	Tuesday	Wednesday	Thursday	Friday
Early morning				<b>6:50 – 7:50 AM</b> <b>Early Bird Spin</b> w/ Kathy – Spin Room* <i>Please watch for start date</i>	
Lunch time	<b>12:00 – 12:45</b> <b>Strength Circuits</b> w/ Sheila – Gym  <i>Alternating upper and lower body exercises to minimize breaks and maximize results</i>	<b>12:00 – 12:30 PM</b> <b>Tabata Express</b> w/ Julie – Gym  <i>Short on time? 30-min of High-Intensity Intervals – great workout, great results</i>	<b>12:00 – 12:45</b> <b>Yoga</b> w/ Blanche – Gym  <i>Class links movement with breath &amp; meditation ending</i>	<b>12:00 – 12:45 PM</b> <b>Barre Above</b> w/ Julie – Gym  <i>Fun, dynamic fusion of pilates, yoga, aerobics &amp; strength moves</i>	<b>12:00 – 12:45 PM</b> <b>Yin Yoga</b> w/ Laina – Mat Room  <i>Restorative-style yoga – great way to calm your mind</i>
					<b>12:00 – 12:45 PM</b> <b>HIIT</b> w/ Sheila – Gym  <i>High-intensity intervals includes cardio &amp; strength/toning exercises</i>

**Pickleball meets in the gymnasium, Thu's, 5-6:30!**

Schedule subject to change based on instructor availability; valid 1/31/22 – 5/27/22  
 Preregistration is required for Early Bird Spin. Please reserve your bike by contacting Janet Rochester at janet.rochester@uconn.edu