# Exercise Class Schedule

**January 31 – May 27, 2022**

[https://hawleyfitness.uconn.edu/classes/](https://hawleyfitness.uconn.edu/classes/)

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

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

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