

GROUP FITNESS

SPECIALTY CLASSES

Specialty classes offer fun and unique fitness opportunities that will add variety to any routine.

GrooviLates: This class blends choreographed cardio dance with Pilates to create the perfect fitness fusion. The first half of class focuses on cardio combinations and the second half will lengthen and strengthen the upper and lower body with Pilates exercises. **(75 MINUTES)**



Cardio Dance: This aerobics-based class, with a dance flair, focuses on improving cardiovascular endurance, flexibility, body-control and self-esteem.



GROUP FITNESS FITPASS



- > The FITPASS is an unlimited semester pass that includes all cardio, strength, spin, specialty and mind-body classes. The FITPASS is not valid for Recreational Sports water aerobic classes.
- > Passes are non-refundable after the first week of classes, non-transferable, and are not valid for subsequent semesters.
- > Participants may register for a FITPASS either at the Member Service Office at the University Recreation Center or at the front desk of the St. Paul Gymnasium.

DID YOU KNOW...

FitPasses go on sale halfway through the semester. At 50% off, you can't beat this deal!