VIRTUAL GROUP FITNESS

**MONDAY**
- ZUMBA
  - 12:00 PM – 12:30PM
  - KARIN

**TUESDAY**
- BARRE
  - 12:00 PM – 12:30PM
  - CATHERINE

**WEDNESDAY**
- POWER YOGA
  - 12:00 PM – 12:30PM
  - AMBER

**THURSDAY**
- HIIT
  - 12:00 PM – 12:30PM
  - SHELLY

**FRIDAY**
- YOGA FLOW
  - 12:00 PM – 12:30PM
  - LIZ

To learn more about virtual group fitness and to see class descriptions, visit our website [ucdenver.edu/wellness](http://ucdenver.edu/wellness)