

# Group Wellness Downtown Phoenix

Summer '19  
May

Monday		Tuesday		Wednesday		Friday	
Bootyworks 5–6 p.m.	415	HIIT Cardio 12–1 p.m.	202	Hard Core 5:30–6 p.m.	202	Vinyasa Yoga 9–10 a.m.	415
		Butts and Guts 5–6 p.m.	202	Cycle 6–7 p.m.	202	Hard Core 10–10:30 a.m.	415
		HIIT Cardio 6–7 p.m.	202				

## Cardio

### Cycle

Cycling offers a low impact but high energy stationary bike workout that's both fun and good for you. Workouts are designed to increase both cardiovascular fitness and strength levels.

### HIIT Cardio

This is a high intensity, total-body conditioning workout that torches calories!

## Strength

### Bootyworks

A resistance training class focusing on the lower body and midsection.

### Hardcore Abs

A dynamic core conditioning class to increase your range of motion and strengthen your core.

### Butts and Guts

This class focuses on the core and lower body. Workouts use various types of resistance equipment, including weights, bands, body bars and body weight to increase the intensity, and the fun!

## Mind + Body

### Vinyasa Yoga

This dynamic class includes vinyasa, ashtanga and standing asana. Attention is brought to core strengthening, balancing poses, inversions, breath and meditation.

## Cost

### Non-Student Members

Semester pass **\$60**

Monthly pass **\$20**

**ASU Students:**  
All group wellness  
classes are **free!**

To visit the SDFC Group Wellness page for more information, scan the QR code.

