

KU FIT SCHEDULE

REVISED SUMMER 2021
July 6th - July 30th

FREE KU FIT PASSES

Activate your free KU Fit Pass in the

- Admin Office at the ASRFC (Room 103),
- At the Welcome Desk after Admin Office hours
- At recstore.ku.edu (click "KU Fit Passes").

Use the KU Recreation Services mobile app to check in to in-person classes along with a KU ID and by providing your KU ID number.

Bring your KU ID or ID number to take a class.

S				
M	NEW! 12:00-12:45PM BODY PUMP Tiffany Aerobics Studio	5:15-6:00PM HIIT Katy Aerobics Studio	6:15-6:45PM BUTZ N' GUTZ Katy Aerobics Studio	7:00-7:45PM YOGA Tia Aerobics Studio
T		NEW! 4:30-5:15PM BODY PUMP™ Joan Aerobics Studio	5:30-6:15PM TABATA Katy Aerobics Studio	6:30-7:30PM YOGA Tia Aerobics Studio
W	NEW! 12:00-12:45PM MIXXFIT Tiffany Aerobics Studio	5:15-6:00PM HIIT Katy Aerobics Studio	6:15-6:45PM BUTZ N' GUTZ Katy Aerobics Studio	
T		NEW! 5:00-5:45PM BODY PUMP™ Joan Aerobics Studio	6:00-6:45PM YOGA Tia Aerobics Studio	
F				
S				

KU FIT CLASSES

MIND BODY

YOGA

Take an hour out of your crazy day to quiet your mind and strengthen your body. Yoga combines strength, balance, and flexibility in an energetic flow. All levels welcome.

STRENGTH

BODY PUMP™

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Class will be held in Aerobics Studio and is limited to 12 participants..

STRENGTH + CARDIO

HIIT

High Intensity Interval Training (HIIT) classes are intense, so come ready to sweat! The primary focus is a short, intense burst of exercise. HIIT combines several modes of cardio training to confuse the muscles and help you break through the plateau.

TABATA

A full body, high intensity interval class designed to get your heart rate up in that very hard aerobic zone in 20 second intervals repeating the cycle eight times. You can do anything for 20 seconds!

BUTZ N' GUTZ

Just like it sounds-- 45 straight minutes focusing and toning the lower body and the core!

MIXXEDFIT®

People-inspired workouts created and carefully crafted with you in mind. Music hits that you would hear on the radio from Top 40, Pop, R&B, Hip Hop, Reggae, and everything in between is used. Moves are repetitive and easy to follow so workouts can be maximized rather than focused on complicated choreography. Effective body-weight exercises are performed that will tone and sculpt your body



FITNESS

kufti@ku.edu



KU RECREATION
SERVICES