

GROUP EXERCISE SCHEDULE

FALL 2024 | SEPTEMBER 13 – DECEMBER 6

All Classes are in Studio A at the Student Recreation & Wellness Center. We advise arriving at least 10 minutes before every scheduled class. First come, first serve as space participation may be limited. Visit uakron.edu/rec for more information! Schedules are subject to change.

* recently added class!

Monday

* Lunch Crunch
12pm - 12:45pm

Indoor Cycling
5pm - 5:45pm

Tuesday

Indoor Cycling
12pm - 12:45pm

All-Levels Power Yoga Flow
6:30pm - 7:15pm

Relax & Restore Yoga Flow
7:30pm - 8:15pm

Wednesday

* Stronger by the Second
4pm - 4:45pm

All-Levels Power Yoga Flow
7:15pm - 8pm

Thursday

Indoor Cycling
12pm - 12:45pm

Indoor Cycling
6:30pm - 7:15pm

CLASS DESCRIPTIONS

Indoor Cycling

An exhilarating cycling class that's more than just a workout – it's an energy-packed experience! A high-energy ride that combines the thrill of cycling with an infectious atmosphere. Elevate your workout, elevate your mood & join us and let the rhythm of the ride take you to new heights!

All-Levels Power Yoga Flow

A full-body workout which will allow both beginner and advanced yogis to improve flexibility, build strength, and energize the body, while mindfully connecting breath to movement.

Relax & Restore Yoga Flow

A gentle, all-levels yoga class to help you relax your body, settle your mind, and connect to your breath.

Lunch Crunch

Join us for a quick full body workout blending a variety of strength training styles and body weight cardio moves. This circuit style class will challenge your strength while maximizing your heart rate

Stronger by the Second

This class will incorporate strength, cardio, and mobility exercise into a Tabata style or other timed work and recovery workout. All fitness levels welcome!

BECOME A GROUP EXERCISE INSTRUCTOR

We are recruiting future group exercise instructors! Assistance may be available with obtaining certifications. Visit uakron.edu/rec/fitness for more information.



SCAN FOR MORE INFO

