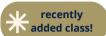
# **GROUP EXERCISE SCHEDULE** FALL 2024 | SEPTEMBER 13 - DECEMBER 6

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! <u>Schedules are subject to change.</u>





## **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 <u>circuit style</u> 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!

SCAN FOR MORE INFO

### BECOME A GROUP EXERCISE INSTRUCTOR

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











