

# 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](http://uakron.edu/rec) for more information! Schedules are subject to change.

\* recently added class!

## Monday

\* Sunrise Yoga  
7am - 7:45am

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!

### **Sunrise Yoga**

Wake up & join us for this energizing and all levels inclusive yoga session!

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