




GROUP EXERCISE




SPRING 2025
JANUARY 20 - MAY 2
WEEKLY CLASSES

AKRON
REC & WELLNESS




Monday

-  **SUNRISE YOGA | 7AM - 7:45AM**
-  **LUNCH CRUNCH | 12PM - 12:45PM**
-  **MEDITATION & REIKI | 7PM - 8PM**

Tuesday

-  **INDOOR CYCLING | 12PM - 12:45PM**
-  **ALL LEVELS POWER YOGA FLOW | 6:30PM-7:15PM**
-  **RELAX & RESTORE YOGA FLOW | 7:30PM - 8:15PM**

Wednesday

-  **LUNCH CRUNCH | 12PM - 12:45PM**
-  **INDOOR CYCLING | 5:30PM - 6:15PM**
-  **ALL LEVELS POWER YOGA FLOW | 7:15PM - 8PM**

Thursday

-  **INDOOR CYCLING | 12PM - 12:45PM**
-  **INDOOR CYCLING | 5:15PM - 6PM**
-  **POWER AFTER HOURS | 8:15PM - 9PM**



MORE INFO
uakron.edu/rec

 Join our Notification list through the [Remind](#) App for the most up to date changes



Text "@srwcgrpx" to the number [81010](#)