


GROUP EXERCISE SCHEDULE

SPRING 2024 | JANUARY 16 – MAY 5

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. Schedules are subject to change.

 denotes a recently added class!

Monday

Yoga Foundations
4:00pm - 5:00pm

Gentle Flow
5:15pm - 6:00pm

Tuesday

* Indoor Cycling
Starts February 27th
8am - 8:45am

Full Body Fitness
11:00am - 12:00pm

Indoor Cycling
12:15pm - 12:45pm

Power Vinyasa Flow
7:00pm - 7:45pm

Wednesday

Ab Circuit
12:00pm - 12:45pm

* Indoor Cycling
Starts February 28th
3pm - 3:45pm

Yoga Foundations
4:00pm - 5:00pm

Gentle Flow
5:15pm - 6:00pm

Thursday

Bodyweight Fitness
11:00am - 12:00pm

Indoor Cycling
12:15pm - 12:45pm

Power Vinyasa Flow
6:00pm - 6:45pm

BECOME A GROUP EXERCISE INSTRUCTOR

We are recruiting future group exercise instructors! Assistance may be available with obtaining certifications. Please visit uakron.edu/rec/fitness for more information on how to get started!

SCAN FOR



CLASS DESCRIPTIONS