

Spring 2026

January 20 - May 1

GROUP FITNESS CLASS SCHEDULE

Visit campusrec.rowan.edu to register or simply show up! All classes are free for students and Rec Center members. Pre-registration is encouraged for communication in the event that a class is canceled or rescheduled.

■ STRENGTH
■ MIND & BODY
■ CARDIO
■ ZUMBA

FTR: FUNCTIONAL TRAINING ROOM

CS: CYCLING STUDIO

ALL OTHER CLASSES
TAKE PLACE IN THE
GROUP EXERCISE ROOM
AT THE REC CENTER

MONDAY

12:30 - 1 PM
CYCLE 30
Ryan CS

4:30 - 5:15 PM
CYCLE STRENGTH FUSION
Gab CS

5 - 5:45 PM
YOGA FLOW
Ryan

6 - 6:45 PM
RHYTHM RIDE
Talia

6 - 6:45 PM
ZUMBA
Antonia

7 - 7:45 PM
GUIDED MEDITATION
Umesh

TUESDAY

12:30 - 1:15 PM
BODYPUMP
Katie

4 - 4:45 PM
SLOW FLOW YOGA
Sydney

5:30 - 6:15 PM
STRENGTH ZONE
Jason FTR

6 - 6:45 PM
PILATES
Ryan

6 - 6:45 PM
CYCLE 45
Mikaela CS

7 - 8 PM
AIKIDO: SELF DEFENSE
Stephen

WEDNESDAY

11 - 11:50 AM
YOGA FLOW
Dena

12:30 - 1:15 PM
PILATES FUSION
Laurie

4:30 - 5:15 PM
BODYPUMP
Gab

5 - 5:45 PM
CYCLE 45
Allie CS

5:30 - 6:15 PM
ZUMBA
Antonia

7 - 8 PM
CANDLELIGHT YOGA
Tami

THURSDAY

12:30 - 1:15 PM
BODYPUMP
Katie

5 - 5:45 PM
ZUMBA
Shalanda

5:30 - 6:15 PM
STRENGTH ZONE
Jason FTR

6 - 6:45 PM
RHYTHM RIDE
Talia

6 - 6:30 PM
REIKI
Ashley

7 - 8 PM
RESTORATIVE YOGA
Tami

FRIDAY

11 - 11:50 AM
YOGA FLOW
Dena

12:30 - 1:15 PM
CYCLE 45
Allie CS

SATURDAY

9:30 - 10 AM
CYCLE 30
Omkar CS

10:15 - 11 AM
ZUMBA
Antonia

SUNDAY

5 - 5:45 PM
SLOW FLOW YOGA
Sydney

6 - 6:45 PM
(FEB 1, MARCH 1, APRIL 12)
REIKI
Ashley

7:30- 8:30 PM
YOGA NIDRA
Tami Virtual

(856) 256-4900
www.rowan.edu/rec
@RowanCampusRec



live.learn.PLAY!

