

Fall 2022

GROUP FITNESS SCHEDULE
SEPTEMBER 6-DECEMBER 10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Sunrise Yoga 7:30-8:15am Kim	Sunrise Yoga 7:30-8:15am Kim			ZUMBA 9:30-10:30am Farah
		Yoga Where You Are 12-12:30pm Tami *		Yoga Where You Are 12-12:30pm Tami *		
	BodyPump 12:30-1:15pm Mackenzie	BodyPump 12-12:30pm Tami *	BodyPump 12:30-1:15pm Mackenzie	Yoga Flow 12:30-1:20pm Raquel	Cycle 45 12:30-1:15pm Allie	
		HIIT 12:30-1:15pm Laurie		HIIT @ The Fit 5-5:45pm RJ		
	Yoga Flow 5-5:50pm Abi	Yoga Flow 5-5:45pm Abi	Cycle 45 5-5:45pm Allie	Yoga Flow 6-6:50pm Abi	ZUMBA 5:15-6:15pm Alejandra	
Recharge Yoga 6:30-7:30pm Abi	Cycle 45 6:30-7:15pm Kait	Cycle 45 6-6:45pm Mackenzie		Beginner Aikido 7-8pm Stephen		
		Virtual Guided Meditation 7:30- 8:30pm with Tami	HIIT 6:15-7pm Suhail	Intermediate Aikido 8-9pm Stephen		
Meditation 7:45-8:15pm Abi						

* VIRTUAL CLASS

Links for virtual classes provided after registration

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.

Classes are subject to change during holidays and breaks

*Virtual Guided Meditation will be held twice a month on the following dates: 9/13, 9/27, 10/11, 10/25, 11/15, 11/29, 12/6, 12/20

rowan.edu/rec
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