### FALL 2018 GROUP FITNESS SCHEDULE

**MONDAY**
- **Beginner Yoga**
  - 11:30am-12:15pm
  - Tami
- **BODYPUMP®**
  - 12:30-1:30pm
  - Katie
- **INSANITY®**
  - 4:45-5:30pm
  - Kaitlin
- **Kickboxing**
  - 5:00-6:00pm
  - Dan
- **Cycle 45**
  - 6:30-7:15pm
  - Kait
- **ZUMBA®**
  - 8:00-8:45pm
  - Shalanda

**TUESDAY**
- **Sunrise Yoga**
  - 6:30-7:30am
  - Megan
- **Body Sculpt**
  - 11:30am-12:15pm
  - Marquis
- **Cycle 30**
  - 12:15-12:45pm
  - Beth
- **Circuit Fit**
  - 4:30-5:15pm
  - Scott
- **Cycle 60**
  - 5:00-6:00pm
  - Lisa
- **FUNctional Circuit**
  - 5:00-5:45pm
  - Liza
- **Pilates**
  - 5:30-6:15pm
  - Jackee
- **Beginner Aikido**
  - 7:00-8:00pm
  - Stephen
- **Advanced Aikido**
  - 8:00-9:00pm
  - Stephen
- **Electric Ride**
  - 8:00-8:45pm
  - Sean

**WEDNESDAY**
- **Cycle 30**
  - 7:15-7:45am
  - Beth
- **Vinyasa Yoga**
  - 12:30-1:30pm
  - Katie
- **Flow + Let Go Yoga**
  - 5:15-6:15pm
  - Rosie
- **Cycle 45**
  - 5:30-6:15pm
  - Sean
- **BODYPUMP®**
  - 6:30-7:30pm
  - Nicole

**THURSDAY**
- **Sunrise Yoga**
  - 6:30-7:30am
  - Megan
- **Body Sculpt**
  - 12:30-1:30pm
  - Lisa
- **Body Sculpt**
  - 12:30-1:15pm
  - Katherine
- **Cycle Bootcamp**
  - 4:45-5:45pm
  - Liza
- **FUNctional Circuit**
  - 12:30-1:15pm
  - Sammie
- **Gentle Yoga**
  - 4:00-5:00pm
  - Tami
- **Cycle 45**
  - 4:00-4:45pm
  - Sammie
- **Cycle 30**
  - 12:15-12:45pm
  - Kait
- **Cycle 45**
  - 12:00-12:45pm
  - Katherine

**FRIDAY**
- **Cycle 30**
  - 12:15-12:45pm
  - Kait
- **Cycle 45**
  - 4:00-4:45pm
  - Sammie
- **Cardio Fusion**
  - 5:00-6:00pm
  - Lisa

**SATURDAY**
- **Cycle 45**
  - 12:00-12:45pm
  - Katherine

**SUNDAY**
- **Recharge Yoga**
  - 7:00-8:30pm
  - Tami
- **BODYPUMP®**
  - 12:00-1:00pm
  - Nicole

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**SCHEDULE NOTICES**

- Schedule runs from September 4th-December 12th.
- All classes will be free from September 4th-September 10th.
- Schedule is subject to change.
- For schedule updates, please refer to our website or download the “Rowan Rec Center App” powered by Fit Degree.
- Fitness Center classes are available to students and Fitness Center Members Only.

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**KEY**

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<thead>
<tr>
<th>Group Exercise Room</th>
<th>Rec Center</th>
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<tbody>
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<td><strong>Cycle Studio</strong></td>
<td>Rec Center</td>
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<td><strong>Fitness Center</strong></td>
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**PRICES**

- **Try 1:**
  - Student $3
  - Member $4
- **Try 5:**
  - Student $12
  - Member $15
- **Semester:**
  - Student $45
  - Member $55

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

Please arrive 5-10 minutes before class start time to set up any equipment needed. Instructors are available to guide and support all participants. It is recommended to bring a water bottles and towel to each class.
Aikido (60 minutes):
Learn effective protection techniques of traditional aikido as taught at Agatsu Dojos. Participants can expect to acquire skills in how to defend through the redirection of force without aggression or competition.

BODYPUMP® (60 minutes):
This barbell class will strengthen your entire body and challenge all of your major muscle groups by using weight room exercises like squats, presses, lifts, and curls. Great music, motivating instructors, and your choice of weight will inspire you to achieve the results you came for.

Body Sculpt (45 minutes): The purpose of "Body Sculpt" is to utilize cardiovascular and resistance training to sculpt the body. Participants can expect an intense workout using basic principles from High Intensity Interval Training. With the combination of anaerobic and aerobic exercise, you will improve your strength and cardiovascular endurance.

Cardio Fusion (45 minutes):
This class combines cardiovascular, strength, and flexibility training for a total body workout. If you enjoy variety, then you will love this class.

Circuit Fit (45 minutes):
This awesome cross-training class moves you through intervals of cardio and weighted resistance. Participants can expect high repetitions of functional movements incorporating bodyweight exercises, dumbbells, bands, medicine balls, etc. You can expect to improve your physical well-being and cardiovascular fitness in an encouraging environment.

Cycle (30, 45, or 60 minutes):
Cycling allows you to train and challenge your aerobic and anaerobic fitness level in a team group fitness setting. Class focus can combine endurance, strength, intervals, high intensity and recovery. Instructors will use inspiring and uplifting music and imagery as a motivator to get you through each class.

Cycle Bootcamp (60 minutes):
This 60 minute class combines 20 minutes of indoor cycling with 20 minutes of weight training to improve cardiovascular health and build muscle. This class targets each muscle group for a complete full body workout.

FUNctional Circuit (45 Minutes):
Excite and energize your workout with our small group classes using our featured Queenax functional training system. Instructors will provide a workout experience that is fun, versatile, challenging, motivating and never the same twice.

Kickboxing (60 minutes):
Kickboxing is a great way to get a full body workout in a limited amount of time. The workouts are designed to build lean muscle and improve cardiovascular fitness all while learning actual kickboxing techniques. The use of heavy bags, jump ropes, medicine balls and other equipment allows for a well-rounded training class that everyone can enjoy. No experience is necessary.

Pilates (45 minutes):
Discover the meaning and benefits of flexibility and core strength training. This class will teach you the correct way to stretch and the ultimate way to firm your core. Originally developed to condition professional dancers and athletes, pilates will guide you through a multitude of core strengthening and stretching exercises.

Yoga (45 or 60 minutes):
Each yoga class offers a sequence of movements and postures connected with the breath, building on one another to build strength, flexibility, and space in the body and mind. Come breathe, move, and meditate your stress away. Beginner students are welcomed and encouraged to attend. Mats provided but personal yoga mats are always welcome.

ZUMBA® (45 minutes):
Ditch the workout and join the party! This fun and easy to follow cardio dance class combines high energy and motivating Latin and World music with unique moves and combinations that make you feel like you are partying on the dance floor. Easy to follow and something everyone can do, ZUMBA® is the best way to "dance away your worries". No dance experience necessary!