## SPRING 2019 GROUP FITNESS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Yoga For All</strong>&lt;br&gt;9:30am-10:30am Sam</td>
<td><strong>Cycle 45</strong>&lt;br&gt;12:00-12:45pm Liza</td>
<td><strong>Sunrise Yoga</strong>&lt;br&gt;6:30-7:30am Megan</td>
<td><strong>Pilates</strong>&lt;br&gt;9:30am-10:15am Jackee</td>
<td><strong>Cycle 45</strong>&lt;br&gt;12:00-12:45pm Dan</td>
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<tr>
<td><strong>BODYPUMP®</strong>&lt;br&gt;12:30-1:30pm Katie H.</td>
<td><strong>Vinyasa Yoga</strong>&lt;br&gt;12:30-1:30pm Katie H.</td>
<td><strong>BODYBUILDING</strong>&lt;br&gt;12:30-1:30pm Diana</td>
<td><strong>Cycle 45</strong>&lt;br&gt;12:00-12:45pm Sean</td>
<td><strong>Yoga For All</strong>&lt;br&gt;12:30-1:30pm Annie</td>
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<td><strong>Strength. Cardio. Core.</strong>&lt;br&gt;4:00-4:45pm Colin</td>
<td><strong>INSANITY®</strong>&lt;br&gt;4:45-5:30pm Kaitlin</td>
<td><strong>Strength. Cardio. Core.</strong>&lt;br&gt;5:30-6:15pm Marquis</td>
<td><strong>Strength &amp; Endurance</strong>&lt;br&gt;12:30-1:15pm Lisa</td>
<td><strong>BODYPUMP®</strong>&lt;br&gt;4:00-5:00pm Nicole</td>
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<td><strong>Kickboxing</strong>&lt;br&gt;5:00-6:00pm Dan</td>
<td><strong>Cycle 60</strong>&lt;br&gt;5:00-6:00pm Lisa</td>
<td><strong>Cycle 45</strong>&lt;br&gt;5:45-6:30pm Kait</td>
<td><strong>Circuit Fit</strong>&lt;br&gt;4:45-5:30pm Scott</td>
<td><strong>Cardio Fusion</strong>&lt;br&gt;5:15-6:00pm Lisa</td>
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<td><strong>Cycle 45</strong>&lt;br&gt;6:00-6:45pm Sammie</td>
<td><strong>Pilates</strong>&lt;br&gt;5:45-6:30pm Jackee</td>
<td><strong>Yoga For All</strong>&lt;br&gt;6:30-7:30pm Sam</td>
<td><strong>Kickboxing</strong>&lt;br&gt;5:00-6:00pm Dan</td>
<td><strong>SATURDAY</strong></td>
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<td><strong>ZUMBA®</strong>&lt;br&gt;7:30-8:30pm Shalanda</td>
<td><strong>BODYPUMP®</strong>&lt;br&gt;6:45-7:45pm Nicole</td>
<td><strong>BODYPUMP®</strong>&lt;br&gt;6:45-7:45pm Emily</td>
<td><strong>BODYPUMP®</strong>&lt;br&gt;11:00-12:00pm Katie P.</td>
<td><strong>Cycle 45</strong>&lt;br&gt;12:00-12:45pm Kait M.</td>
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<td><strong>Beginner Aikido</strong>&lt;br&gt;7:00-8:00pm Stephen</td>
<td><strong>Advanced Aikido</strong>&lt;br&gt;8:00-9:00pm Stephen</td>
<td><strong>Cycle Studio</strong>&lt;br&gt;Rec Center</td>
<td><strong>Candlelit Yoga</strong>&lt;br&gt;8:00-9:00pm Tami</td>
<td><strong>SUNDAY</strong></td>
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<td><strong>Recharge Yoga</strong>&lt;br&gt;7:00-8:30pm Tami</td>
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### PRICES
- **Try 1:** Student $3 Member $4
- **Try 5:** Student $12 Member $15
- **Semester:** Student $45 Member $55

### SCHEDULE NOTICES
- Schedule runs from January 22 - April 27th.
- All classes will be free from January 22 - 28.
- 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**

- **Group Exercise Room Rec Center**
- **Cycle Studio Rec Center**
- **Racquetball Court Rec Center**
- **Fitness Center**

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

Candlelit Yoga (60 minutes): A beginner friendly, gentle yoga practice to relax and restore.

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 (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.

INSANITY® (45 min): INSANITY® is a group-focused, athletic training, cardio conditioning, and total-body strength class designed for people who love a challenge. The moves are easy to follow—but the workout WILL challenge you. You can expect plyometric, compound movements in each class. Everyone is encouraged to take modifications to suit their personal fitness level. Not an ideal class for absolute beginners.

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.

Strength. Cardio. Core. (45 min): This unique high intensity interval training class will challenge you through our combinations of resistance training, cardiovascular exercise, and core stability. Come get a sweat on with our great instructors Colin and Marquis!

Strength & Endurance (45 min): This class takes the weight room into the group fitness room. You can expect an intense and fat-burning workout using dumbbells, bands, and medicine balls. Regular participation will result in improved muscle strength, tone, and endurance.

Sunrise Yoga (60 minutes): Start your day right! This all levels yoga class emphasizes breath, movement, strength, and flexibility. Make the most of your morning by balancing the mind, body, and spirit.

Vinyasa Yoga (60 minutes): This class will explore a wide range of yoga postures by linking movement to breath. Expect a moderate physical challenge. Come breathe, move, and meditate your stress away.

Yoga for All (60 minutes): This Yoga class focuses on the fundamentals. You will learn proper alignment and technique. This a great place to start as a beginner yogi. This practice allows you to meet yourself where you are and finish feeling refreshed in mind and body.

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!