### Group Fitness Schedule

**Spring 2018: January 16–April 27**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Rec Center</strong></td>
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<tr>
<td>11:30am–12:15pm Cycle 45 Samantha</td>
<td>6:30–7:30am Sunrise Yoga Josh</td>
<td>7:00–7:45am Cycle 45 Janine</td>
<td>12:15–1:00pm Cycle 45 Beth</td>
<td>8:00–8:45am Pilates Jackee</td>
<td>10:00–10:45am Cycle 45</td>
<td>12:00–1:00pm BODYPUMP Nicole</td>
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<td>12:30–1:15pm BODYPUMP Express Katie</td>
<td>12:15–1:00pm Cycle 45 Katherine</td>
<td>12:30–1:30pm Vinyasa Yoga Katie</td>
<td>12:30–1:15pm Strength &amp; Endurance Lisa</td>
<td>4:00–5:00pm BODYPUMP Alyssa</td>
<td>5:15–6:00pm Cardio Fusion Lisa</td>
<td>4:30–5:15pm Queenax Circuit Dan</td>
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<td>4:45–5:30pm Insanity Kaitlin</td>
<td>12:30–1:15pm Pilates Laurie</td>
<td>4:45–5:45pm BODYPUMP Maria</td>
<td>4:45–5:30pm Cross Training Scott</td>
<td>5:45–6:45pm Yoga 101 Rosie</td>
<td>6:30–7:15pm TBT Cycle Kait M.</td>
<td>12:45–1:30pm Queenax Circuit Marquis</td>
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<td>5:45–6:45pm STRONG by ZUMBA Kait S.</td>
<td>4:45–5:30pm Cross Training Scott</td>
<td>6:00–6:45pm HIT Marquis</td>
<td>6:00–6:45pm Yoga 101 Rosie</td>
<td>5:45–6:45pm Yoga 101 Rosie</td>
<td>6:30–7:15pm TBT Cycle Kait M.</td>
<td>5:15–6:00pm Cardio Fusion Lisa</td>
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<td>6:30–7:15pm Cycle 45 Kait M.</td>
<td>5:00–6:00pm Cycle 60 Lisa</td>
<td>6:30–7:15pm Cycle 45 Sean</td>
<td>7:00–7:45pm ZUMBA Kait</td>
<td>7:00–7:45pm ZUMBA Kait</td>
<td>7:00–7:45pm ZUMBA Kait</td>
<td>11:30am–12:15pm Cycle 45 Sean</td>
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<td>7:00–8:00pm Aikido* All Levels</td>
<td>5:45–6:45pm Flow &amp; Let Go Yoga Rosie</td>
<td>7:00–7:45pm Pilates Jackee</td>
<td>8:00–9:00pm Zumba Shalanda</td>
<td>8:00–9:00pm Zumba Shalanda</td>
<td>8:00–9:00pm Zumba Shalanda</td>
<td>11:30am–12:15pm Cycle 45 Sean</td>
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<tr>
<td>8:00–9:00pm Aikido* Intermediate/Advanced</td>
<td>7:00–7:45pm ZUMBA Nikki</td>
<td>8:00–9:00pm Zumba Shalanda</td>
<td>12:45–1:30pm Queenax Circuit Dan</td>
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<td>11:30am–12:15pm Cycle 45 Sean</td>
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<td>8:00–8:45pm Electric Ride Sean</td>
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**Group Fitness Passes**

- **Try 1:** Student $3 Member $4
- **Try 5:** Student $12 Member $15
- **Semester:** Student $45 Member $55
- **Aikido Semester Pass:** $25

**Schedule Notices**

- All classes will be free from January 16–January 22.
- 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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856-256-4900
rowan.edu/rec
@RowanRecCenter
Aikido*:
Learn effective protective 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. *These instructional classes are only available separately from the Group Fitness Pass.

BODY Pump® (45 or 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.

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.

Cross Training (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.

Flow and Let Go Yoga (60 minutes):
Flow through a variety of yoga postures to build heat in the body, strength, and flexibility. Each class will end with a short meditation and your chance to let go...

INSANITY® (45 minutes):
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 a great way to get a full body workout in a limited amount of time. The workouts are designed to building 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. Come out get a great workout, relieve some stress, and have a great time.

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.

Queenax 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.

Strength & Endurance (45 minutes):
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.

STRONG by Zumba® (60 minutes):
A high-intensity interval training workout where the music and moves are truly in sync, pushing you further to achieve your fitness goals. STRONG by Zumba® was crafted to drive the intensity in a challenging progression that provides a total body workout.

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 mind, body, and spirit.

TBT Cycle (45 minutes):
Hit the hills and push the flats to some favorite tunes from the past. Whether it’s a remix or the original, this class will bring back songs from the 80s, 90s, and 2000s that are sure to put a smile on your face. You'll be sweating and torching tons of calories with some refreshing beats. Add some cheer in to your Thursday with our Throwback ride!

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

Yoga 101 (60 minutes):
This yoga class focuses on the fundamentals. You will learn proper alignment and technique. This is a great place to start as a beginner yogi or for those participants looking to refine their technique. This practice allows you to meet yourself where you are and finish feeling refreshed in mind and body.

Zumba® (45 or 60 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!