









# Fall 2019 9/3 - 12/10 Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Power Flow Yoga</b> 7:30 - 8:30 a.m. Kim	<b>Cycle 30</b> 7:00 - 7:30 a.m. Katherine	<b>Power Flow Yoga</b> 7:30 - 8:30 a.m. Kim		
<b>Vinyasa Yoga</b> 11:00 - 12:15 p.m. Sam		<b>Vinyasa Yoga</b> 12:00 - 1:00 p.m. Katie			<b>Yoga For All</b> 12:00 - 1:00 p.m. Annie	<b>Cycle 45</b> 10:00 - 10:45 a.m. Sydney
	<b>BODYPUMP®</b> 12:30 - 1:30 p.m. Mike	<b>Cycle 45</b> 12:30 - 1:15 p.m. Carli	<b>BODYPUMP®</b> 12:30 - 1:30 p.m. Carli	<b>Cardio Fusion</b> 12:30 - 1:15 p.m. Lisa	<b>Cycle 30</b> 12:30 - 1:00 p.m. Allie	<b>Prof Strong</b> 11:00 - 11:45 a.m. Kylie
	<b>Circuit Fit</b> 4:15 - 5:00 p.m. Scott				<b>BODYPUMP®</b> 4:00 - 5:00 p.m. Diana	
	<b>Cycle 45</b> 5:00 - 5:45 p.m. Allie	<b>INSANITY®</b> 5:00 - 5:45 p.m. Kaitlin	<b>Pilates Flow</b> 5:00 - 5:45 p.m. Kristin	<b>INSANITY®</b> 5:00 - 5:45 p.m. Scott		
	<b>Kickboxing®</b> 5:00 - 6:00 p.m. Lian	<b>Cycle 60</b> 5:00 - 6:00 p.m. Lisa		<b>Kickboxing®</b> 5:00 - 6:00 p.m. Lian		
	<b>Yoga For All</b> 5:15 - 6:15 p.m. Andrew		<b>Cycle 45</b> 5:30 - 6:15 p.m. Sean	<b>Cycle 30</b> 5:30 - 6:00 p.m. Sydney	<b>Cardio Fusion</b> 5:15 - 6:00 p.m. Lisa	
	<b>Prof Strong</b> 6:30 - 7:15 p.m. Kristin	<b>Dance Fusion</b> 6:00 - 7:00 p.m. Kyle	<b>BODYPUMP®</b> 6:00 - 7:00 p.m. Alyssa	<b>Beginner Aikido</b> 6:00 - 7:00 p.m. Stephen		
<b>Re-charge Yoga</b> 7:00 - 8:30 p.m. Tami	<b>ZUMBA®</b> 7:30 - 8:30 p.m. Shalanda		<b>Yoga Nidra</b> 8:00 - 9:15 p.m. Tami (9/4; 10/9; 11/6; 12/4) This class is free for all students and members.	<b>Int/Adv Aikido</b> 7:00 - 8:00 p.m. Stephen		
				<b>Candlelit Yoga</b> 8:15 - 9:15 p.m. Tami		

**CLASS LOCATION**  
Group Fitness Studio  
Cycle Studio  
Fitness Center

## SCHEDULE NOTICES:

All classes are free September 3 - 9  
A One-Day or Semester Pass is required starting September 10  
No Classes will be held over Thanksgiving Break  
This Schedule is subject to change

## PRICES:

	Students	Members
One-Day Pass	\$3	\$4
Semester Pass	\$45	\$55



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



## Fall 2019 Group Fitness Class Descriptions

Please arrive 5-10 minutes before class time to set up equipment, ask questions, and prepare for class. Instructors are available to guide and support all participants. Please bring a water bottle and towel to each class.

### Beginner 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. Participation in this class will help build focus, stamina, and a sense of calm. All are welcome!

### Intermediate/Advanced Aikido (60 minutes)

This class is for those students who would like to deepen their established Aikido practice. If you are new to Aikido, check out the beginner class.

### 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 a team environment will get you through every workout.

### 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 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 in an encouraging environment.

### Cycle (30, 45 or 60 minutes)

Cycling allows you to train and challenge your aerobic and anaerobic fitness level in an energetic, group setting. Class focus can combine any variety of 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. Perfect for all levels since you are always in control of the intensity.

### Dance Fusion (60 minutes)

This class combines a variety of formats (including dance fitness, body sculpting, and interval training). It's the perfect combination to keep your mind and body off auto-pilot and focused in the class. Enjoy exploring various movements, challenging yourself, and sweating the stress away.

### 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 is a total body, group based fitness class that incorporates the use of heavy bags, jump ropes, and medicine balls to keep the class fun, exciting, and different each time. All skill levels are welcome.

### Pilates Flow (45 minutes)

This class provides a blend of traditional mat pilates movements mixed with low-intensity cardio to challenge the mind and body. We incorporate yoga inspired movements while focusing on breathing techniques to help increase flexibility and range of motion.

### Candlelit Yoga (60 minutes)

A beginner friendly, gentle yoga practice to relax and restore. A perfect way to end your day with ease.

### Power Flow Yoga (60 minutes)

In this class you will experience a vigorous, fluid, and energetic practice sure to wake you up in the morning! Challenge yourself mentally and physically in this dynamic and uplifting experience. Your instructor will always provide accessible options throughout each session.

### Prof Strong (45 minutes)

This class is designed to increase your strength through muscle-burning movements combined with cardio endurance drills. This class provides challenging workouts catered to all populations and fitness levels. Let's go Profs!

### Re-charge Yoga (90 minutes)

Whether Sunday is the start or the end of your week, join us for a renewing flow featuring a balancing blend of Yin and Yang yoga followed by extended Savasana. You will leave this session ready to tackle your week ahead with purpose. Expect gentle, accessible movements.

### Vinyasa Yoga (60 minutes)

This class will explore a wide range of yoga postures by linking the breath to movement. Expect a moderate physical challenge with offerings for beginners and experienced students alike. Come move, breath, and find a deeper connection to yourself.

### Yoga for All (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. This practice allows you to meet yourself where you are and finish feeling refreshed in mind and body.

### Yoga Nidra (60 minutes)

This yoga experience is meant to provide participants with maximum comfort. Your instructor will guide you through gentle yoga postures, progressive muscle relaxation and breathing techniques that will prepare your body for a "yoga nap." Feel free to BYOB (Bring Your Own Blanket) for maximum comfort and coziness.

### 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!