

Fall 2026

September 1 - Dec 9

GROUP FITNESS CLASS SCHEDULE

Visit campusrec.rowan.edu or our FusionGo app to register or simply show up! All classes are free for students and Rec Center members. We encourage participants to pre-register to secure their spot and stay informed of any class updates. Class schedules may change. Please check our website or app for the latest schedule information.

 **STRENGTH**
 **MIND & BODY**
 **CARDIO**
 **ZUMBA**

FTR: FUNCTIONAL TRAINING ROOM

CS: CYCLING STUDIO
ALL OTHER CLASSES TAKE PLACE IN THE GROUP EXERCISE ROOM AT THE REC CENTER

MONDAY

12:30 - 1:20 PM

YOGA FLOW

Dena

5:30 - 6:15 PM

STRENGTH ZONE

Blaise FTR

5:30-6PM

CYCLE 30

Sulin CS

7 - 7:45 PM

GUIDED MEDITATION

Umesh

TUESDAY

12:30 - 1:20 PM

BODYPUMP

Katie

6 - 6:45 PM

PILATES SCULPT

Christina

7 - 8 PM

AIKIDO: SELF DEFENSE

Stephen

WEDNESDAY

12:30 - 1:20 PM

PILATES FUSION

Laurie

4:30 - 5:15 PM

BODYPUMP HEAVY

Gab

5-5:45 PM

CYCLE 45

Allie CS

5:30 - 6:15 PM

STRENGTH ZONE

Blaise FTR

5:30 - 6:15 PM

ZUMBA

Kyra

6 - 6:30 PM

CYCLE 30

Sulin CS

7 - 8 PM

CANDLELIGHT YOGA

Tami

THURSDAY

7-7:45 AM

PILATES SCULPT

Christina

12:30-1:20 PM

YOGA FLOW

Dena

4:30 - 5:00 PM

CYCLE 30

Katie CS

5 - 5:45 PM

ZUMBA

Shalanda

6 - 6:30 PM

REIKI

Ashley

7 - 8 PM

RESTORATIVE YOGA

Tami

FRIDAY

11 - 11:50 AM

YOGA FLOW

Dena

12:30 - 1:15 PM

CYCLE 45

Allie CS

SATURDAY

10:15 - 11 AM

ZUMBA

Kyra

11 - 11:30 AM

CYCLE 30

Sulin CS

SUNDAY

5 - 5:45 PM

ZUMBA

Kyra

6 - 6:45 PM
(9/27; 10/25; 11/15)

REIKI

Ashley

7:30- 8:15 PM

SLOW YOGA FLOW

Sydney

7:30- 8:30 PM

YOGA NIDRA

Tami Virtual



Stay connected
to Campus Rec!



live.learn.PLAY!

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