

GROUP FITNESS SCHEDULE

Spring 2025

- Strength
- Mind & Body
- Cardio

Monday

12:30-1 p.m.
Cycle 30
Katie

5-5:45 p.m.
Yoga Flow
Ryan

5-5:45 p.m.
Strength Zone
Pierce *FTR*

6-6:45 p.m.
Zumba
Antonia

Tuesday

11-11:50 a.m.
Yoga Flow
Dena

12:30-1:20 p.m.
BODYPUMP
Katie

5-5:45 p.m.
Strength Zone
Mara *FTR*

6-6:45 p.m.
Guided Meditation
Umesh

7-8 p.m.
Aikido: Self Defense
Stephen

Wednesday

9-10 a.m.
Yoga Flow
Ryan

12:30-1:15 p.m.
Pilates Fusion
Laurie

5-5:45 p.m.
Strength Zone
Pierce

5-5:45 p.m.
Cycle 45
Allie

7-8 p.m.
Candlelight Yoga
Tami

Thursday

11-11:45 a.m.
BOOTCAMP
Pierce

12:30-1:15 p.m.
Yoga Flow
Raquel

5-5:45 p.m.
Zumba
Shalanda

5-5:45 p.m.
Strength Zone
Mara *FTR*

6-6:30 p.m.
Reiki
Ashley

6-7 p.m.
Boxing
Tony *FC*

7-8 p.m.
Restorative Yoga
Tami

Friday

11-11:50 a.m.
Yoga Flow
Dena

12:30-1:15 p.m.
Cycle 45
Allie

Saturday

10:15-11 a.m.
Zumba
Antonia

Sunday

7:30-8:30 p.m.
Yoga Nidra
Tami *Virtual*

Visit campusrec.rowan.edu to register or simply show up! All classes are free for students and Rec Center members. Pre-registration is encouraged for communication in the event that a class is canceled or rescheduled.

FC: Fitness Center on Victoria St.

FTR: Functional Training Room

