







GROUP FITNESS SCHEDULE

FALL 2023
SEPTEMBER 5 - DECEMBER 15







Monday

- 
-  Yoga Flow
12:30-1:15pm
Katie
- 
-  BodyPump
5:00-5:45pm
Mackenzie
-  Beginner
Aikido
7-8pm
Stephen
-  Intermediate
Aikido
8-9pm
Stephen







Tuesday

-  Sunrise Yoga
7:30-8:15am
Kim
-  BodyPump
12:30-1:15pm
Katie
- 
-  Rhythm Ride
5:00-5:45pm
Mackenzie
-  Yoga Flow
6:00-6:45pm
Megan
-  Virtual Guided
Meditation
7:30-8:30pm
Tami




Wednesday

- 
-  Pilates Fusion
12:30-1:15pm
Laurie
- 
-  Cycle 45
5:00-5:45pm
Allie
-  Candlelit Yoga
7:30-8:30pm
Tami
- 



Thursday

-  Sunrise Yoga
7:30-8:15am
Kim
-  Yoga Flow
12:30-1:20pm
Raquel
- 
-  ZUMBA
5:00-5:45pm
Shalanda
-  Yoga Flow
6:00-6:45pm
Marisa
- 

Friday

-  Cycle 45
12:30-1:15pm
Allie
- 
-  ZUMBA
10:30-11:15am
Antonia

Saturday

-  ZUMBA
10:30-11:15am
Antonia
- SELECT SESSIONS**
-  Reiki
7:00-7:30pm
Ashley
- Thursday: 9/14
- Thursday: 10/19
- Thursday: 11/16
- Tuesday: 12/5

 **Strength**  **Mind & Body**  **Cardio**



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



NO CLASSES

- Labor Day
- Thanksgiving Recess
- Winter Break

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.