

# GROUP FITNESS SCHEDULE

SPRING 2024

JANUARY 16 - APRIL 27

Visit [campusrec.rowan.edu](http://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. Schedule is subject to change, please visit [rowan.edu/rec](http://rowan.edu/rec) for most updated version. Scaled back schedule for the week of Spring Break and Final Exam Week.

## Monday

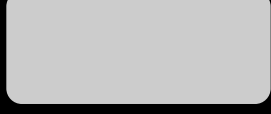


**Bodypump**  
12:30-1:15pm  
Katie GE



**Cycle45**  
5-5:45pm  
Nicole GE

**Strength Zone**  
6:15-7pm  
Cris FTR



## Tuesday



**Cycle30**  
11:30am-12pm  
Katie GE

**Yoga Flow**  
12:30-1:15pm  
Marisa GE

**Rhythm Ride**  
5-5:45pm  
Mackenzie GE

**Strength Zone**  
7-7:45pm  
Justin FTR

**Virutal Yoga Nidra**  
7:30-8:30pm  
Tami

## Wednesday



**Pilates Fusion**  
12:30-1:15pm  
Laurie GE

**Cycle45**  
5-5:45pm  
Allie GE

**Guided Mediation**  
6-7 pm  
Umesh GE

**Strength Zone**  
6:15-7pm  
Cris FTR

**Candlelit Yoga**  
7:30-8:30pm  
Tami GE

## Thursday

**Cycle Strength Fusion**  
7:30-8:30am  
Mackenzie GE

**Strength Zone**  
12:30-1:15pm  
Cris FTR

**Yoga Flow**  
12:30-1:20pm  
Raquel GE

**Boxing**  
5-5:45pm  
Tony FC

**Strength Zone**  
5:00-5:45pm  
Justin FTR

**ZUMBA**  
5:00-5:45pm  
Shalanda GE

**Reiki**  
6-6:30pm  
Ashley GE

**Restorative Yoga**  
7-8pm  
Tami GE

## Friday

**Cycle 45**  
12:30-1:15pm  
Allie GE

## Saturday

**ZUMBA**  
11-11:45am  
Antonia GE

## Sunday

**Slow Flow**  
10:30-11:15am  
Megan GE

**Guided Meditation**  
6-7pm  
Umesh GE

Strength Mind & Body Cardio

**Locations:**  
GE: Group Exercise Room  
FTR: Functional Training Room  
FC: Fitness Center on Victoria St.

