

GROUP FITNESS SCHEDULE

90

Fall 2024

- Strength
- Mind & Body
- Cardio

Monday

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

5-5:45 p.m.
Boot Camp
Pierce

6-6:45 p.m.
Zumba
Antonia

Tuesday

7:30-8:15 a.m.
Sunrise Yoga
Ryan

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

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

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

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

Wednesday

9-10 a.m.
Prof Walk
Ryan *OD*

12:30-1:15 p.m.
BODYPUMP
Katie

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

6-6:45 p.m.
Boot Camp
Pierce

7-8 p.m.
Candlelit Yoga
Tami

Thursday

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

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

5-5:45 p.m.
ZUMBA
Shalanda

6-6:30 p.m.
Reiki
Ashley

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

7-8 p.m.
Restorative Yoga
Tami

Friday

12:30-1:15 p.m.
Strength Zone
Pierce *FTR*

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

Saturday

10:15-11 a.m.
Zumba
Antonia

Sunday

4:30-5:30 p.m.
Recharge Yoga
Ryan

6:30-7:15 p.m.
Strength Zone
Pierce *FTR*

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
OD: Outdoors

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

