





Summer 2026

May 26 - August 14

GROUP FITNESS CLASS SCHEDULE

-  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

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.

MONDAY

12:30 - 1:20 PM
YOGA FLOW
Dena

4:30 - 5 PM
CYCLE 30
Katie CS

6 - 6:45 PM
ZUMBA
Antonia

TUESDAY

12:30 - 1:20 PM
BODYPUMP
Katie

4:30 - 5:15 PM
PILATES PLUS
Christina
STARTING JUNE 2

5:30 - 6:15 PM
STRENGTH ZONE
Blaise FTR

WEDNESDAY

12:30 - 1:20 PM
YOGA FLOW
Dena

4:30 - 5:15 PM
PILATES PLUS
Christina
STARTING JUNE 3

THURSDAY

12:30 - 1:15 PM
CYCLE 45
Allie CS

4:45 - 5:30 PM
ZUMBA
Antonia

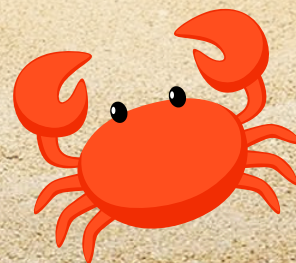
5:30 - 6:15 PM
STRENGTH ZONE
Blaise FTR

FRIDAY

12 - 12:45 PM
PILATES PLUS
Christina
STARTING JUNE 5

SATURDAY

10:15 - 11 AM
ZUMBA
Antonia



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(856) 256-4900
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