

Fall 2026

September 1 - Dec 9

GROUP FITNESS CLASS SCHEDULE

Visit campusrec.rowan.edu or our FusionGo app to register or simply show up! All classes are free for students and Rec Center members. We encourage participants to pre-register to secure their spot and stay informed of any class updates. Class schedules may change. Please check our website or app for the latest schedule information.

- 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

MONDAY

12:30 - 1:20 PM
YOGA FLOW
Dena

5-5:45 PM
PILATES SCULPT
Bella

NEW CLASS!

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

5:30 - 6 PM
CYCLE 30
Sulin CS

6 - 6:45 PM
ZUMBA
Antonia

NEW CLASS!

7 - 7:45 PM
GUIDED MEDITATION
Umesh

TUESDAY

12:30 - 1:20 PM
BODYPUMP
Katie

6 - 6:45 PM
PILATES SCULPT
Christina

7 - 8 PM
AIKIDO: SELF DEFENSE
Stephen

WEDNESDAY

12:30 - 1:20 PM
PILATES FUSION
Laurie

4:30 - 5:15 PM
BODYPUMP HEAVY
Gab

5-5:45 PM
CYCLE 45
Allie CS

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

5:30 - 6:15 PM
ZUMBA
Kyra

6 - 6:30 PM
CYCLE 30
Sulin CS

7 - 8 PM
CANDLELIGHT YOGA
Tami

THURSDAY

7-7:45 AM
PILATES SCULPT
Christina

12:30-1:20 PM
YOGA FLOW
Dena

5 - 5:45 PM
ZUMBA
Shalanda

6- 6:30 PM
REIKI
Ashley

7 - 8 PM
RESTORATIVE YOGA
Tami

FRIDAY

11 - 11:50 AM
YOGA FLOW
Dena

12 - 12:45 PM
PILATES SCULPT
Bella

NEW CLASS!

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

SATURDAY

10:15 - 11 AM
ZUMBA
Kyra

11 - 11:30 AM
CYCLE 30
Sulin CS

SUNDAY

5 - 5:45 PM
ZUMBA
Kyra

6 - 6:45 PM
(9/27; 10/25; 11/15)
REIKI
Ashley

7:30- 8:15 PM
SLOW YOGA FLOW
Sydney

7:30- 8:30 PM
YOGA NIDRA
Tami Virtual



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to Campus Rec!



live.learn.PLAY!

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