

Group Fitness Schedule Summer 2024

May 18 - August 9

Monday

12:30-1:15 p.m.
Bootcamp
with Cris

6-6:45 p.m.
Zumba
with Antonia

Tuesday

12:30-1:20 p.m.
Yoga Flow
with Raquel

5-5:45 p.m.
Strength Zone
with Justin
(FTR)

Wednesday

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

5-5:45 p.m.
Guided
Meditation
with Umesh

Thursday

Begins May 23
12:30-1:15 p.m.
Cycle 45
with Allie

5-5:45 p.m.
Strength Zone
with Justin
(FTR)

Friday

12:30-1:15 p.m.
Strength Zone
with Cris
(FTR)




No Classes:

- Monday, May 27
- Friday, June 21
- July 4 and July 5

FTR: Functional Training Room

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.

 Strength
 Mind & Body
 Cardio



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



Class Descriptions

Bootcamp: This high-energy circuit-style class will provide you with a full-body workout. Movements will focus on building strength, cardio fitness, and functional training. With inspiring music and your coach on the mic, you'll be moving through each exercise, challenging yourself, raising your heart rate, and tapping into your power

BODYPUMP: This barbell class will strengthen your entire body and challenge all of your major muscle groups by using weight-room exercises like squats, presses, lifts, and curls. Great music, motivating instructors, and a team environment will get you through every workout. You will use a variety of weighted barbells through different music tracks, each dedicated to a different muscle group. Instructions will guide you in movements, weight selections, and tempo. This is a strength training class but moves at a quicker pace, so you should expect both strength and cardiovascular efforts. You will always make your own weight selection and decide if and when to challenge yourself

Cycle45: Join one of our indoor cycling classes to get moving and find motivation with your fellow Profs! Cycling allows you to train your aerobic and anaerobic fitness levels in an energetic, group setting. Class focus can combine any variety of endurance, strength, intervals, high intensity, and recovery. Instructors will use uplifting music and imagery to guide you through each class. Instructors will take you through hills, sprints, jogs, etc., by cueing speeds, gear, and power. You will always decide if and when to challenge yourself throughout each ride

Guided Meditation: This class will focus on slow, deep breathing techniques and meditative postures. Beginning with gentle postures and ending with a long rest, this practice aims to relax the mind and the body. Follow the instructor's voice as they guide you through this meditative practice

Yoga Flow: Take time to move and breathe. This class will focus on breathing, encouraging participants to come back to their breath while moving through various postures. Your instructor will guide you through movements to build strength, flexibility, and balance. Whether you have a regular yoga practice or are a first time learner, this class is for you!

Strength Zone: Welcome to the Strength Zone! Check out our new piece of equipment, the HIT Hub, on the second floor in the Functional Training Room. This circuit style class will bring you through numerous stations, building strength, cardio, and functional training. With inspiring music and your coach on the mic, you'll be racing the clock through each station, raising your heart rate and tapping into your power. The HIIT Hub has everything from kettlebells, battle ropes, pull-up bars, weighted sandbags, dumbbells, and more. All are welcome to succeed in this class, which is built so you can choose your weights, speed, and intensity. Power up in the Strength Zone!

Zumba: Ditch the workout and join the party! This fun and easy to follow cardio dance class combines high energy and motivating Latin and World music with unique moves and combinations that make you feel like you are partying on the dance floor. Easy to follow and something everyone can do, Zumba® is the best way to "dance away your worries." No dance experience necessary



rowan.edu/rec

(856) 256-4900

@RowanCampusRec

