

Summer Session 2 Group Fitness Schedule

JULY 1 - AUGUST 9

Monday

Tuesday

Wednesday

Thursday

Friday

Cycle 30

12:00 - 12:30 p.m.
Sydney

Cycle 45

12:00 - 12:45 p.m.
Carli

Cycle 30

12:00 - 12:30 p.m.
Sydney

BODYPUMP®

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

Yoga for All

12:30 - 1:30 p.m.
Steph

BODYPUMP®

12:30 - 1:30 p.m.
Carli

**Strength &
Endurance**

12:30 - 1:15 p.m.
Lisa

Yoga for All

12:30 - 1:30 p.m.
Annie

INSANITY®

4:45 - 5:30 p.m.
Kaitlin

Circuit Fit

4:45 - 5:30 p.m.
Scott

Cycle 45

4:45 - 5:30 p.m.
Allie

INSANITY®

4:45 - 5:30 p.m.
Scott

Yoga for All

5:45 - 6:45 p.m.
Andrew

Cycle 60

5:00 - 6:00 p.m.
Lisa

BODYPUMP®

5:30 - 6:30 p.m.
Katie P.

Aikido (until 7/22)

7:00 - 8:30 p.m.
Stephen

Schedule Notices

- All classes will be free for students and members.
- Schedule is subject to change.
- There will be no classes held on the Fourth of July.
- For schedule updates, please refer to our website.

Key

- Group Exercise Room
- Cycle Studio



856-256-4900
www.rowan.edu/rec
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BODYPUMP® (60 minutes):

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 your choice of weight will inspire you to achieve the results you came for.

Circuit Fit (45 minutes):

This awesome cross-training class moves you through intervals of cardio and weighted resistance. Participants can expect high repetitions of functional movements incorporating bodyweight exercises, dumbbells, bands, medicine balls, etc. You can expect to improve your physical well-being and cardiovascular fitness in an encouraging environment.

Cycle (30 or 45 minutes):

Cycling allows you to train and challenge your aerobic and anaerobic fitness level in a team group fitness setting. Class focus can combine endurance, strength, intervals, high intensity and recovery. Instructors will use inspiring and uplifting music and imagery as a motivator to get you through each class.

Cycle 60 (60 minutes):

All of the benefits of a 45 minute cycling class, plus an extra 15 minutes of work! Intermediate fitness level is recommended.

INSANITY® (45 minutes):

INSANITY® is a group-focused, athletic training, cardio conditioning, and total-body strength class designed for people who love a challenge. The moves are easy to follow—but the workout WILL challenge you. You can expect plyometric, compound movements in each class. Everyone is encouraged to take modifications to suit their personal fitness level. Not an ideal class for absolute beginners.

Strength & Endurance (45 minutes):

You can expect a high energy strength based working workout using dumbbells, bands, and medicine balls. Regular participation will result in improved muscle strength, tone, and endurance. Variations will be offered to suit all experience levels.

Yoga for All (60 minutes):

Each yoga class offers a sequence of movements and postures connected with the breath, building on one another to build strength, flexibility, and space in the body and mind. Come breathe, move, and meditate your stress away. Beginner students are welcomed and encouraged to attend. Mats provided but personal yoga mats are always welcome.



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