AUGUST 21 - 27 SCHEDULE

Class descriptions can be found at uakron.edu/rec
**CLASS DESCRIPTIONS**

**ZUMBA**
Latin-based dance class involving energetic music and a fun atmosphere.

**BOOTCAMP**
Full body workout packed with a variety of challenges.

**TOTAL BODY BLITZ**
Strengthen all major muscle groups with various fitness equipment.

**WELCOME WEEK WORKOUT**
Use your bodyweight to increase strength and endurance. Copies of the workout will be provided to promote working out anytime, anywhere!

**CYCLE**
Increase your cardiovascular endurance by simulating riding over various terrains on a stationary bike.

**YOGA**
Stay present while continuously moving with the breath through postures that stretch, strengthen, and unite the mind, body, and spirit.

**PINK GLOVES BOXING**
female-focused boxing program starting 9/11/17. Gear is provided. No experience needed.

**POUND**
The cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

*All classes are modified to meet any fitness level.*