



FINALS WEEK FRENZY



MON. *Stress Relief Yoga*
12/4 10:00-11:00am
SRWC STUDIO A

MON. *Hydration Station*
12/4 2:00-4:00pm
SRWC WELLNESS SUITE

TUES. *Inflatable Joust*
12/5 6:00-8:00pm
SRWC BLUE COURTS

TUES. *Open Kayaking*
12/5 8:00-10:00pm
ONAT POOL

WED. *Stress Relief Yoga*
12/6 1:30-2:30pm
SRWC STUDIO A

WED. *Crate Stacking*
12/6 4:00-6:00pm
SRWC BLUE COURTS

WED. *POUND[®] Christmas*
12/6 5:30-6:15pm & 7:00-7:45pm
SRWC STUDIO A

THURS. *Inflatable Joust*
12/7 3:00-5:00pm
SRWC BLUE COURTS

MON. *Inflatable Joust*
12/11 6:00-8:00pm
SRWC BLUE COURTS

KNOCK OUT STRESS:
Try Pink Gloves Boxing! No equipment
or experience required, see schedule
for more details.

Follow @uakronrec on Instagram
for daily study tips!

Please visit uakron.edu/rec for more
information about program schedules.

Turn over for complete
Group Exercise Schedule...





GROUP EXERCISE: DECEMBER 4-9



Monday

Pink Gloves Boxing
7:00-8:00am
STUDIO B

Vinyasa Yoga
8:00-9:00am
STUDIO A

Stress Relief Yoga
10:00-11:00am
STUDIO A

Bootcamp
12:30-1:15pm
STUDIO A

Pink Gloves Boxing
5:00-6:00pm
STUDIO B

Hard Core
5:05-5:25pm
STUDIO A

Zumba
5:30-6:15pm
STUDIO A

Cycle
6:15-7:00pm
STUDIO B

Yoga Foundations
6:30-7:30pm
STUDIO A

Zumba
7:15-8:00pm
STUDIO B

Tuesday

Cycle
7:00-7:45am
STUDIO B

Pink Gloves Boxing
8:00-9:00am
STUDIO B

Pink Gloves Boxing
11:00am-12:00pm
STUDIO B

Cycle & Tone
12:15-1:00pm
STUDIO B

Yoga Foundations
12:15-1:15pm
STUDIO A

Hard Core
5:05-5:25pm
STUDIO A

Vinyasa Yoga
5:30-6:30pm
STUDIO A

Bootcamp
5:30-6:15pm
STUDIO B

Pink Gloves Boxing
6:30-7:30pm
STUDIO B

Wednesday

Vinyasa Yoga
8:00-9:00am
STUDIO A

Total Body Blitz
12:30-1:15pm
STUDIO A

Stress Relief Yoga
1:30-2:30pm
STUDIO A

Hard Core
5:05-5:25pm
STUDIO A

POUND® Christmas
5:30-6:15pm
STUDIO A

Total Body Blitz
6:15-7:00pm
STUDIO B

Hard Core
6:30-6:50pm
STUDIO A

POUND® Christmas
7:00-7:45pm
STUDIO A

Thursday

Cycle
7:00-7:45am
STUDIO B

HIIT
12:15-1:00pm
STUDIO B

Vinyasa Yoga
12:15-1:15pm
STUDIO A

Vinyasa Yoga
5:30-6:30pm
STUDIO A

HIIT
5:30-6:15pm
STUDIO B

Zumba
7:30-8:15pm
STUDIO B

Friday

Yoga Foundations
8:00-9:00am
STUDIO B

TRX Bootcamp
12:00-12:45pm
BLUE COURTS

Zumba
4:30-5:15pm
STUDIO B

Yoga Foundations
5:30-6:30pm
STUDIO A

Saturday

Cycle
9:30-10:30am
STUDIO B



GROUP EXERCISE: DECEMBER 11-14



Monday

Vinyasa Yoga
8:00-9:00am
STUDIO A

Bootcamp
12:30-1:15pm
STUDIO A

Hard Core
5:05-5:25pm
STUDIO A

Cycle
6:15-7:00pm
STUDIO B

Yoga Foundations
6:30-7:30pm
STUDIO A

Zumba
7:15-8:00pm
STUDIO B

Tuesday

Cycle
7:00-7:45am
STUDIO B

Cycle & Tone
12:15-1:00pm
STUDIO B

Yoga Foundations
12:15-1:15pm
STUDIO A

Hard Core
1:05-1:25pm
STUDIO A

Hard Core
5:05-5:25pm
STUDIO A

Vinyasa Yoga
5:30-6:30pm
STUDIO A

Bootcamp
5:30-6:15pm
STUDIO B

Wednesday

Vinyasa Yoga
8:00-9:00am
STUDIO A

Total Body Blitz
12:30-1:15pm
STUDIO A

Hard Core
5:05-5:25pm
STUDIO A

Total Body Blitz
6:15-7:00pm
STUDIO B

Hard Core
6:30-6:50pm
STUDIO A

Thursday

HIIT
12:15-1:00pm
STUDIO B

