## Group Exercise

### Monday
- **Morning**
  - 8:00–9:00 a.m. Yoga Foundations Studio A

- **Afternoon**
  - 4:25–4:55 p.m. HIIT Studio A
  - 5:00–5:20 p.m. Hardcore Studio A
  - 6:00–7:00 p.m. Vinyasa Yoga Studio A

### Tuesday
- **Morning**
  - 11 a.m.–12 p.m. Yoga Foundations Studio A

- **Afternoon**
  - 12:15–1:00 p.m. Cycling Studio B
  - 5:10–5:30 p.m. Hardcore Studio B

### Wednesday
- **Morning**
  - 8:00–9:00 a.m. Vinyasa Yoga Studio A

- **Afternoon**
  - 4:15–5:00 p.m. Cycling Studio A
  - 6:00–7:00 p.m. Yoga Foundations Studio A

### Thursday
- **Morning**
  - 8:00–9:00 a.m. Meditation & Movement Studio A

- **Afternoon**
  - 12:00–1:00 p.m. Yoga Foundations Studio A

### Friday
- **Morning**
  - 8:00–9:00 a.m. Meditation & Movement Studio A

### Saturday

#### Class Descriptions

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

**Dance Fitness**
Burn calories and learn new moves dancing to upbeat pop music.

**Hardcore**
Target the entire core in an effective 20-minute workout.

**HIIT**
High intensity interval training includes bouts of high intensity exercise followed by lower intensity exercise.

**Meditation & Movement**
A balanced blend of stillness and movement by incorporating breath exercises to connect mind and body. Perfect for any experience level.

**Vinyasa Yoga**
Stay present while continuously moving with the brain through posture that stretch, strengthen, and unite the mind, body, and spirit.

**Yoga Foundations**
With total body awareness, learn how to perform essential yoga postures safely and effectively through a gentle flow.

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330.972.8382 | uakron.edu/rec | Schedule subject to change and classes may be canceled due to low participation.