# Fall 2019 Schedule | August 26–December 8

## Group Exercise

### Monday
- 8:00–9:00 a.m. **Yoga Foundations**
  Studio A
- 1:30–2:15 p.m. **Cycling**
  Studio A
- 6:15–7:00 a.m. **Cycling**
  Studio A
- 5:00–5:20 p.m. **Hardcore**
  Studio A
- 6:00–7:00 p.m. **Vinyasa Yoga**
  Studio A

### Tuesday
- 6:15–7:00 a.m. **Cycling**
  Studio B
- 11:00–12:00 p.m. **Yoga Foundations**
  Studio A
- 1:30–2:15 p.m. **Cycling**
  Studio B
- 4:15–5:00 p.m. **Cycling**
  Studio B
- 5:00–5:20 p.m. **Hardcore**
  Studio A
- 5:30–6:05 p.m. **HIIT**
  Studio A
- 6:00–7:00 p.m. **Yoga Foundations**
  Studio A
- 6:30–7:15 p.m. **Dance Fitness**
  Studio B

### Wednesday
- 8:00–9:00 a.m. **Vinyasa Yoga**
  Studio A
- 1:30–2:15 p.m. **Cycling**
  Studio B
- 5:00–5:20 p.m. **Hardcore**
  Studio A
- 5:35–6:05 p.m. **HIIT**
  Studio A
- 6:00–7:00 p.m. **Yoga Foundations**
  Studio A
- 6:30–7:15 p.m. **Dance Fitness**
  Studio B

### Thursday
- 6:15–7:00 a.m. **Cycling**
  Studio B
- 12:00–1:00 p.m. **Yoga Foundations**
  Studio A
- 12:25–12:55 p.m. **HIIT**
  Studio A
- 4:15–5:00 p.m. **Cycling**
  Studio B
- 4:15–5:00 p.m. **Cycling**
  Studio B
- 5:10–5:30 p.m. **Hardcore**
  Studio A
- 5:10–5:30 p.m. **Hardcore**
  Studio A
- 6:00–7:00 p.m. **Yoga Foundations**
  Studio A

### Friday
- 8:00–9:00 a.m. **Meditation & Movement**
  Studio A
- 12:00–1:00 p.m. **Yoga Foundations**
  Studio A
- 12:00–12:45 p.m. **Cycling**
  Studio B
- 9:15–10:00 a.m. **Cycling**
  Studio B

### Saturday
- 1:00–2:30 p.m. **Myths of Meditation**
  Studio B

### 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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**Yoga Workshops:** free for all fitness levels

- **9/20:** Yoga for complete beginners: breaking down the basics 1:00–2:30 p.m. Studio A.
- **10/4:** Myths of Meditation: Experience guided meditation and learn how to add it to your wellness routine. 10:00–11:30 a.m.

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Schedule subject to change and classes may be canceled due to low participation.
SEPTEMBER 9-NOVEMBER 15
PINK GLOVES BOXING
Free demos during Tier 1 classes Sept 2-6th in Studio B

TIER 1: BOXER
Monday + Wednesday 7:15-8:15 a.m.
4:15-5:15 p.m.
7:45-8:45 p.m.
Tuesday + Thursday 5:15-6:15 p.m.
6:30-7:30 p.m.

TIER 2: PUGILIST
Monday + Wednesday 6:45-7:45 p.m.
Tuesday + Thursday 3:00-4:00 p.m.

TIER 3: JOURNEYWOMAN
Tuesday + Thursday 7:30-8:30 a.m.
7:45-8:45 p.m.

TIER 4: CONTENDER
Monday + Wednesday 3:00-4:00 p.m.

TIER 5: PRIZE FIGHTER
Monday + Wednesday 7:15-8:15 p.m.

TIER 6: TITLE HOLDER
Monday + Wednesday 5:30-6:30 p.m.

TIER 1 (includes starter kit)
$85 students | $95 SRWC members | $160 non-members

TIER 2-6
$75 students | $85 SRWC members | $145 non-members

Registration Deadline 9/8/19

PERSONAL TRAINING PROGRAMS
LEARN FROM CERTIFIED PERSONAL TRAINERS IN SMALL GROUP SETTING!

Squat, Bench, and Deadlift:
Interest meeting: 9/6, SRWC, 6-7 p.m.
Program: Fridays, 9/13-10/11, 4-5 p.m.
Cost: Student: $40 | SRWC Member: $60
       Non Member: $100
Registration Deadline 9/13/19

Women and Weights:
Interest Meeting: 9/13, SRWC 1:15 p.m.-2:15 p.m.
Program: Fridays, 9/20-10/18, 1:15-2:15 p.m.
Cost: Student: $40 | SRWC Member: $60
       Non Member: $100
Registration Deadline: 9/20/19

ZIP HOP
Learn new choreography weekly!
Date
September 5th-November 14th
Free drop in class August 29th 9 p.m.
Cost
Students $10 | Member $20
Registration Deadline September 12th

A.C.E. EXAM PREP COURSE
Become a personal trainer or group exercise instructor!
Location
This blended course is facilitated through brightspace and 3-4 skill based learning sessions at SRWC
Cost
Both
Personal Training
Students $300
SRWC Members $325
Non-members $350
Group Exercise
Students $225
SRWC Members $250
Non-members $275
Registration Deadline 9/16
Interest meeting:
9/9, SRWC Conference room from 6:00-7:00 p.m
Starts: 9/16

ACE APPROVED

To register, visit our website or the SRWC Pro Shop.
Questions? Contact Angie Gowan at agowan@uakron.edu or call 330.972.8382