# Group Exercise
## Fall 2019 Schedule | August 26–December 8

### Monday
- **8:00–9:00 a.m.**
  - Yoga Foundations
  - Studio A
- **6:25–7:00 p.m.**
  - HIIT
  - 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 p.m.**
  - Yoga Foundations
  - Studio A
- **4:15–5:00 p.m.**
  - Cycling
  - Studio B
- **6:00–7:00 p.m.**
  - Yoga Foundations
  - Studio A

### Wednesday
- **8:00–9:00 a.m.**
  - Vinyasa Yoga
  - Studio A
- **12:15–1:00 p.m.**
  - Cycling
  - Studio B
- **4:15–5:00 p.m.**
  - Cycling
  - Studio B
- **6:00–7:00 p.m.**
  - Yoga Foundations
  - Studio A

### Thursday
- **6:15–7:00 a.m.**
  - Cycling
  - Studio B
- **12:00–12:20 p.m.**
  - Hardcore
  - Studio A
- **12:25–12:55 p.m.**
  - HIIT
  - Studio A
- **4:15–5:00 p.m.**
  - Cycling
  - Studio B
- **5:10–5:30 p.m.**
  - Hardcore
  - Studio A

### Friday
- **8:00–9:00 a.m.**
  - Meditation & Movement
  - Studio A
- **6:00–7:00 p.m.**
  - Yoga Foundations
  - Studio A
- **6:30–7:15 p.m.**
  - Dance Fitness
  - Studio B

### Saturday
- **9:15–10:00 a.m.**
  - Cycling
  - 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 Workshops: free for all fitness levels (Located in Studio A)
- **9/20:** Yoga for complete beginners: breaking down the basics
  1:00–2:30 p.m.
- **10/4:** Myths of Meditation: Experience guided meditation and learn how to add it to your wellness routine
  10:00–11:30 a.m.
- **11/8:** Yin Yoga: Relaxing and recharging Yoga practice while exploring deep stretching! Bring a pillow and blanket!
  10:00 a.m.–11:30 a.m.

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330.972.8382 | uakron.edu/rec | 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

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<thead>
<tr>
<th>TIER 1: BOXER</th>
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<tr>
<td><strong>Monday + Wednesday</strong></td>
<td>7:15-8:15 a.m.</td>
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<td>4:15-5:15 p.m.</td>
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<td>7:45-8:45 p.m.</td>
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<td><strong>Tuesday + Thursday</strong></td>
<td>5:15-6:15 p.m.</td>
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<td>6:30-7:30 p.m.</td>
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<th>TIER 2: PUGILIST</th>
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<td><strong>Monday + Wednesday</strong></td>
<td>6:45-7:45 p.m.</td>
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<tr>
<td><strong>Tuesday + Thursday</strong></td>
<td>3:00-4:00 p.m.</td>
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<tr>
<th>TIER 3: JOURNEYWOMAN</th>
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<td><strong>Tuesday + Thursday</strong></td>
<td>7:30-8:30 a.m.</td>
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<td>7:45-8:45 p.m.</td>
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<th>TIER 4: CONTENDER</th>
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<td><strong>Monday + Wednesday</strong></td>
<td>3:00-4:00 p.m.</td>
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<th>TIER 5: PRIZE FIGHTER</th>
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<td><strong>Monday + Wednesday</strong></td>
<td>7:15-8:15 p.m.</td>
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<th>TIER 6: TITLE HOLDER</th>
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<td><strong>Monday + Wednesday</strong></td>
<td>5:30-6:30 p.m.</td>
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**Personal Training Programs**

**LEARN FROM CERTIFIED PERSONAL TRAINERS IN SMALL GROUP SETTING!**

**Squat, Bench, and Deadlift:**

**Interest Meeting:** 9/6, SRWC, 6-7p.m.  
**Program:** Fridays, 9/13-10/11, 4-5p.m.  
**Cost:**  
- Student: $40  
- SRWC Member: $60  
- Non Member: $100

**Registration Deadline:** 9/13/19

**Women and Weights:**

**Interest Meeting:** 9/13, SRWC 1:15p.m.-2:15p.m.  
**Program:** Fridays, 9/20-10/18, 1:15-2:15p.m  
**Cost:**  
- Student: $40  
- SRWC Member: $60  
- Non Member: $100

**Registration Deadline:** 9/20/19

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<th>TIER 1 (includes starter kit)</th>
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<td><strong>$85 students</strong></td>
<td>$95 SRWC members</td>
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<th>TIER 2-6</th>
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<td><strong>$75 students</strong></td>
<td>$85 SRWC members</td>
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**Registration Deadline:** 9/8/19

**Zip Hop**

**Learn new choreography weekly!**

**Date**

September 5th-November 14th  
Free drop in class August 29th 9p.m.

**Cost**

- Students $10  
- Member $20

**Registration Deadline:** September 5th

**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**

- **Personal Training**  
  - Students $300  
  - SRWC Members $325  
  - Non-members $350  
- **Group Exercise**  
  - Students $225  
  - SRWC Members $250  
  - Non-members $275

**Registration Deadline:** 9/13/19

**Women and Weights:**

**Interest Meeting:** 9/13, SRWC 1:15p.m.-2:15p.m.  
**Program:** Fridays, 9/20-10/18, 1:15-2:15p.m  
**Cost:**  
- Student: $40  
- SRWC Member: $60  
- Non Member: $100

**Registration Deadline:** 9/20/19

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<tr>
<th><strong>ACE APPROVED</strong></th>
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<tr>
<td><strong>Both</strong></td>
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<td><strong>Students $475</strong></td>
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<td><strong>SRWC Members $500</strong></td>
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<td><strong>Non-members $525</strong></td>
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**Registration Deadline:** 9/16

**Interest Meeting:**  
9/9, SRWC Conference room from 6:00-7:00pm  
**Starts:** 9/16

**To register, visit our website or the SRWC Pro Shop.**

Questions? Contact Angie Gowan at agowan@uakron.edu or call 330.972.8382