## WINTER BREAK 18/19 SCHEDULE

### GROUP EXERCISE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00-12:30 p.m. HIIT 12:35-12:55 p.m. Hard Core Studio A</td>
<td>5:45-6:30 p.m. Cycle Studio B</td>
<td>12:00-12:30 p.m. HIIT 12:35-12:55 p.m. Hard Core Studio A</td>
<td>5:45-6:30 p.m. Barre Studio B</td>
</tr>
<tr>
<td>5:30-6:15 p.m. Zumba Studio A</td>
<td>5:30-6:15 p.m. Zumba Studio A</td>
<td>5:30-6:15 p.m. Zumba Studio A</td>
<td>5:30-6:15 p.m. Zumba Studio A</td>
</tr>
</tbody>
</table>

### CLASS DESCRIPTIONS

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

#### HIIT
High Intensity Interval Training includes bouts of high intensity exercise followed by lower intensity exercise.

#### HARD CORE
Target the entire core in an effective 20-minute workout.

#### BARRE
Connect the components of Ballet & Dance Technique, Yoga Postures, Functional Strength Exercises, and Cardiovascular Training for a full body toning workout.

#### ZUMBA
Latin-Based dance class involving energetic music and a fun atmosphere.

#### FITNESS GOAL WITHOUT A GAME PLAN?
Visit our website for details about our personal training program, exercise prescription plans, and assessments!

GET CONNECTED | fitness@uakron.edu

ALL classes are modified to meet any fitness level.

---

Schedule subject to change and classes may be canceled due to low participation.

Student Recreation & Wellness Services | 330.972.8382
uakron.edu/rec