SPRING BREAK 2019
GROUP EXERCISE SCHEDULE

**MONDAY**
- 5:30-6:30 p.m.
  Yoga Foundations
  Studio A

**WEDNESDAY**
- 4:30-4:50 p.m.
  Hard Core
  Studio A
- 5:00-5:30 p.m.
  HIIT
  Studio A

**THURSDAY**
- 6:15-7:00 a.m.
  Cycling
  Studio B
- 8:00-9:00 a.m.
  Yoga Foundations
  Studio A
- 12:15-1:00 p.m.
  Cycling
  Studio B

**FRIDAY**
- 12:00-1:00 p.m.
  Yoga Foundations
  Studio A
- 12:15-1:00 p.m.
  Zumba
  Studio B

**CLASS DESCRIPTIONS**

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

**HARD CORE**
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.

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

**ZUMBA**
Latin-based dance class involving energetic music and fun atmosphere.

330.972.8382 | uakron.edu/rec | Schedule subject to change.