

# GROUP EX

## WEEKLY CLASSES & WORKSHOPS

MAY 12 - 30

**AKRON**  
REC & WELLNESS

## CLASSES

M / W



**POWER AFTER HOURS**  
**6:15 PM - 7PM**

TU / TH

**CYCLING**  
**12PM - 12:45PM**



## YOGA WORKSHOPS

TAKE FLIGHT YOGA FLOW

TH **May 15**

5PM - 5:45PM  
STUDIO A

*"Enjoy a yoga flow while also  
playing with arm balance poses"*

CORE POWER

TH **May 29**

5PM - 5:45PM  
STUDIO A

*"A full body flow focusing on  
core stability and strength"*

**MORE INFO**  
[uakron.edu/rec](http://uakron.edu/rec)

