

# GROUP EXERCISE SCHEDULE

SPRING 2024 | JANUARY 16 – MAY 5

All Classes are in Studio A at the Student Recreation & Wellness Center. We advise arriving at least 10 minutes before every scheduled class. First come, first serve as space participation may be limited. Schedules are subject to change.

\* denotes a recently added class!

## Monday

Yoga Foundations  
4:00pm - 5:00pm

Gentle Flow  
5:15pm - 6:00pm

## Tuesday

Indoor Cycling  
8am - 8:45am

Indoor Cycling  
12:15pm - 12:45pm

Power Vinyasa Flow  
7:00pm - 7:45pm

## Wednesday

\* Indoor Cycling  
3pm - 3:45pm

Yoga Foundations  
4:00pm - 5:00pm

Gentle Flow  
5:15pm - 6:00pm

## Thursday

Indoor Cycling  
12:15pm - 12:45pm

Power Vinyasa Flow  
6:00pm - 6:45pm

## CLASS DESCRIPTIONS

### Indoor Cycling

An exhilarating cycling class that's more than just a workout - it's an energy-packed experience! A high-energy ride that combines the thrill of cycling with an infectious atmosphere. Elevate your workout, elevate your mood - join us and let the rhythm of the ride take you to new heights!

### Power Vinyasa Flow

In this all-levels Power Vinyasa class, students will energize the body, build strength, increase flexibility, and calm the mind, all while connecting breath to movement

### Gentle Flow

Come in to get away, take a break, find refuge from daily stress. This basic-level class runs at a slow pace designed to allow you to feel your body within each pose, to build strength, and to stretch for increasing flexibility. Class will begin with a guided breathing technique, move slowly through a gentle sequence, and finish with supported restorative poses. Come in to restore your body and mind, and leave feeling de-stressed, calm, and refreshed

### Yoga Foundations

Basic to intermediate level class geared to introducing or reconnecting to the foundation of a Vinyasa practice. Class is moderately paced, dynamic but not extremely challenging. Starting with some slow, easy warm-ups that develop to a slightly quicker pace with sequences that are creative and intelligently designed to open the body smoothly and progressively. You will get a workout, but it will not be exhausting. You will leave de-stressed and energized, feeling open and alive!

We are recruiting future group exercise instructors! Assistance may be available with obtaining certifications. Visit [uakron.edu/rec/fitness](http://uakron.edu/rec/fitness) for more information.

