## FALL 2018 SCHEDULE | August 27-December 7

### GROUP EXERCISE

#### MONDAY
- 8:00-9:00 a.m.
  - Yoga Foundations
    - Studio A

#### TUESDAY
- 6:15-7:00 a.m.
  - Cycle
    - Studio B

#### WEDNESDAY
- 7:00-8:00 a.m.
  - Vinyasa Yoga
    - Studio A
- 9:00-9:45 a.m.
  - Barre
    - Studio A
- 9:30-10:30 a.m.
  - Vinyasa Yoga
    - Studio A
- 8:00-9:00 a.m.
  - Yoga Foundations
    - Studio A
- 7:00-8:00 a.m.
  - Vinyasa Yoga
    - Studio A

#### THURSDAY
- 6:15-7:00 a.m.
  - Cycle
    - Studio B
- 9:00-10:00 a.m.
  - Yoga Foundations
    - Studio A
- 12:00-12:45 p.m.
  - Cycle
    - Studio B
- 10:00-12:00 p.m.
  - Hard Core
    - Studio A
- 12:35-12:55 p.m.
  - Hard Core
    - Studio A
- 6:15-7:00 p.m.
  - Zumba
    - Studio A

#### FRIDAY
- 9:00-9:45 a.m.
  - Barre
    - Studio A
- 10:00-11:00 a.m.
  - Yoga Foundations
    - Studio A
- 12:00-1:00 p.m.
  - Vinyasa Yoga
    - Studio A
- 12:00-12:45 p.m.
  - Zumba
    - Studio B

#### SATURDAY
- 9:30-10:30 a.m.
  - Vinyasa Yoga
    - Studio A

#### CLASS DESCRIPTIONS

**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.

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

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

**DANCE FITNESS**
Burn calories and learn new moves dancing to upbeat pop music.

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

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

**VINYASA YOGA**
Stay present while continuously moving with the breath through postures that stretch, strengthen, and unite the mind, body, and spirit.
SEPTEMBER 10-NOVEMBER 16
PINK GLOVES BOXING

Free demos of Tier 1 on Sept 4-6th

TIER 1: BOXER
Monday + Wednesday 3:00-4:00 p.m.
4:15-5:15 p.m.
Tuesday + Thursday 7:15-8:15 a.m.
6:30-7:30 p.m.
7:45-8:45 p.m.
Friday + Saturday 9:30-10:30 a.m.

TIER 2: PUGILIST (tier one prerequisite)
Monday + Wednesday 6:30-7:30 a.m.
8:15-9:15 a.m.
6:45-7:45 p.m.
Tuesday + Thursday 3:00-4:00 p.m.
5:15-6:15 p.m.

TIER 3: JOURNEYWOMAN (tier two prerequisite)
Monday + Wednesday 5:30-6:30 p.m.
Tuesday + Thursday 7:00-8:00 a.m.

TIER 1 (includes starter kit)
$85 students | $95 SRWC members | $160 non-members
TIER 2-4
$75 students | $85 SRWC members | $145 non-members

FIVE STAR FRIDAYS FREE
Yoga workshops are in studio A from 1:00-2:30 p.m.
9/14: Yoga for complete beginners-breaking down the basics
10/12: Restorative yoga-bring your own pillow and blanket
11/9: Get your mind right-reduce stress, tension, and anxiety

Personal Training workshops are in the Conference room from 12:00-1:00 p.m.
9/7: Deadlifting 101
10/5: Nutrition and its importance for reaching and maintaining fitness goals
11/9: Women and Weights: myths busted and how to get started

ZIP HOP
Learn new choreography weekly!
DATE
September 6th-November 1st
Free drop in class September 6th 9-10 p.m.
COST
Students $10 | Member $20
TIME
Thursdays 9-10 p.m. | studio B

A.C.E. EXAM PREP COURSE
Become a personal trainer or group exercise instructor!
LOCATION
Online and in the SRWC
REGISTRATION
Online at uakron.edu/rec or in the Pro Shop by September 25th
COST
Personal Training
Students $300
SRWC Members $325
Non-members $350
Group Exercise
Students $225
SRWC Members $250
Non-members $275
Both
Students $475
SRWC Members $500
Non-members $525

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