GROUP EXERCISE SCHEDULE

JULY 1 – AUGUST 1

Monday

**Zumba &
CIRCL Mobility**
12:30pm - 1:30pm

Gentle Flow Yoga
5pm – 6pm
Except July 15th

Indoor Cycling
6:45pm - 7:30pm
Except July 15th

Tuesday

Indoor Cycling
12pm - 12:45pm

Power Vinyasa Yoga Flow
5:30pm - 6:15pm

Thursday

Indoor Cycling
12pm - 12:45pm

🎆 *Closed July 4th*

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 Yoga 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 Yoga

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

Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. (30 MINUTES)

CIRCL Mobility

Based on the science of functional movement, focuses on flexibility, breathwork, and mobility exercises to help your students move better, longer. To help your mind to focus and release stress. (30 MINUTES)

BECOME A GROUP EXERCISE INSTRUCTOR

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

SCAN FOR MORE INFO