

GROUP EXERCISE SCHEDULE

SPRING 2025 | JANUARY 13 – JANUARY 16

*FUTURE SCHEDULE PUBLISHED BY JANUARY 16TH

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. Visit uakron.edu/rec for more information! Schedules are subject to change.

Monday

Sunrise Yoga
7am - 7:45am

Lunch Crunch
12pm - 12:45pm

Meditation & Reiki
7pm - 8pm

Tuesday

All-Levels Power Yoga Flow
6:30pm - 7:15pm

Relax & Restore Yoga Flow
7:30pm - 8:15pm

Wednesday

Lunch Crunch
12pm - 12:45pm

Indoor Cycling
5:30pm - 6:15pm

Thursday

Indoor Cycling
12pm - 12:45pm

Indoor Cycling
5:15pm - 6pm

All-Levels Power Yoga Flow
7:15pm - 8pm

CLASS DESCRIPTIONS

All-Levels Power Yoga Flow

A full-body workout which will allow both beginner and advanced yogis to improve flexibility, build strength, and energize the body, while mindfully connecting breath to movement.

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!

Lunch Crunch

Join us for a quick full body workout blending a variety of strength training styles and body weight cardio moves. This circuit style class will challenge your strength while maximizing your heart rate

Meditation & Reiki

A gentle hands-on healing technique that transfers positive energy through touch. Reiki can decrease stress, anxiety, and pain while boosting relaxation, peace, and quality of sleep!

Relax & Restore Yoga Flow

A gentle, all-levels yoga class to help you relax your body, settle your mind, and connect to your breath.

Stronger by the Second

This class will incorporate strength, cardio, and mobility exercise into a Tabata style or other timed work and recovery workout. All fitness levels welcome!

Sunrise Yoga

Wake up & join us for this energizing and all levels inclusive yoga session!

Find out about cancellations through the Remind app by going to rmd.at/srwc/grpx.






GROUP EXERCISE

SPRING 2025
JANUARY 20 - MAY 2
WEEKLY CLASSES




AKRON
REC & WELLNESS

*All classes are in studio A at the SRWC




Monday

-  **SUNRISE YOGA | 7AM - 7:45AM**
-  **LUNCH CRUNCH | 12PM - 12:45PM**
-  **MEDITATION & REIKI | 7PM - 8PM**

Tuesday

-  **INDOOR CYCLING | 12PM - 12:45PM**
-  **ALL LEVELS POWER YOGA FLOW | 6:30PM-7:15PM**
-  **RELAX & RESTORE YOGA FLOW | 7:30PM - 8:15PM**

Wednesday

-  **LUNCH CRUNCH | 12PM - 12:45PM**
-  **INDOOR CYCLING | 5:30PM - 6:15PM**
-  **ALL LEVELS POWER YOGA FLOW | 6:30PM-7:15PM**

Thursday

-  **INDOOR CYCLING | 12PM - 12:45PM**
-  **INDOOR CYCLING | 5:15PM - 6PM**



MORE INFO
uakron.edu/rec

 Join our Notification list through the [Remind](#) App for the most up to date changes



Text "@srwcgrp" to the number [81010](tel:81010)