




AUTUMN GROUP FITNESS CLASSES

MON	TUES	WED	THU	FRI	SUN
6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. Simply Strength RPAC B30	6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. Full Body Challenge RPAC B30	6:15–7:15 a.m. Indoor Cycle RPAC B30	10:30–11:30 a.m. Yoga RPAC B134
9–10 a.m. Circuit Cycle RPAC B30	6:30–7:30 a.m. NEW! Sunrise Yoga RPAC B134	6:30–7:30 a.m. NEW! Sunrise Yoga RPAC B134	8–9 a.m. TRX® RPAC Track Level	8–9 a.m. TRX® RPAC Track Level	10:30–11:30 a.m. Circuit Cycle RPAC B30
10:20–11:20 a.m. Power Yoga RPAC B30	8–9 a.m. Circuit Cycle NRC 310	8–9 a.m. TRX® RPAC Track Level	8–9 a.m. Power Yoga NRC 210	9:15–10 a.m. Indoor Cycle RPAC B30	3–3:45 p.m. Pilates Express RPAC B30
11:30 a.m.–12:30 p.m. Yoga NRC 210	9–10 a.m. Circuit Cycle RPAC B30	9–10 a.m. Circuit Cycle RPAC B30	9–10 a.m. Full Body Challenge RPAC B30	10:20–11:20 a.m. Power Yoga RPAC B30	4–4:45 p.m. Indoor Cycle RPAC B30
11:45 a.m.–12:45 p.m. Hip Hop Circuit Cycle RPAC B30	11:30 a.m.–12:20 p.m. NEW! TRX® Express RPAC Track Level	10:30–11:20 a.m. NEW! BOSU® Pilates RPAC B30	11:45 a.m.–12:45 p.m. NEW! 30/30 RPAC B30	11:30 a.m.–12:20 p.m. NEW! TRX® Express RPAC Track Level	4–5 p.m. Barre None RPAC B134
1–2 p.m. TRX® RPAC Track Level	11:45 a.m.–12:45 p.m. NEW! 30/30 RPAC B30	11:30 a.m.–12:30 p.m. Yoga NRC 210	1:40–2:40 p.m. Circuit Cycle Pilates RPAC B30	2:30–3:30 p.m. Yoga RPAC B134	5–6 p.m. Circuit Cycle RPAC B30
4:20–5:20 p.m. Circuit Cycle RPAC B30	1:40–2:40 p.m. Cycle+Yoga Power Hour RPAC B30	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	3–4 p.m. Circuit Cycle Pilates RPAC B30	5:30–6:30 p.m. TRX® RPAC Track Level
4:30–5:30 p.m. Shake It! RPAC South Gym	3–3:45 p.m. Indoor Cycle RPAC B30	1–2 p.m. TRX® RPAC Track Level	4:10–5 p.m. Cardio Barbell RPAC B30	4–5 p.m. Barre None RPAC B134	5:30–6:30 p.m. Power Yoga RPAC B134
4:30–5:30 p.m. Barre None RPAC B138E	4–5 p.m. Simply Strength RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	4:30–5:30 p.m. Cross Training RPAC South Gym	5:30–6:30 p.m. Yoga Inversions RPAC B134	6:45–7:45 p.m. Full Body Challenge RPAC B30
4:45–5:45 p.m. Power Yoga RPAC B134	4:15–5 p.m. Pilates Express RPAC B138E	4–5 p.m. Full Body Challenge RPAC B30	4:30–5:30 p.m. Power Yoga RPAC B134		7–8 p.m. Zumba® RPAC B134
4:45–5:30 p.m. Indoor Cycle NRC 310	4:30–5:30 p.m. Shake It! RPAC South Gym	4:30–5:30 p.m. Cardio Kickboxing RPAC South Gym	4:30–5:30 p.m. Circuit Cycle NRC 310		
5:30–6:15 p.m. Aqua Zumba® RPAC Class Pool	4:30–5:30 p.m. Yoga RPAC B134	4:30–5:30 p.m. Barre None RPAC B138E	5:20–6:20 p.m. Circuit Cycle RPAC B30		
5:30–6:30 p.m. Power Yoga NRC 210	4:30–5:30 p.m. NEW! Cycle+Barre NRC 310	4:30–5:30 p.m. Yoga RPAC B134	5:30–6:30 p.m. TRX® RPAC Track Level		
5:45–6:35 p.m. Cardio Barbell RPAC B30	5:15–6:15 p.m. NEW! Power Yoga Foundations RPAC B138E	5:20–6:20 p.m. Circuit Cycle RPAC B30	5:30–6:30 p.m. Pilates NRC 210		
5:50–6:50 p.m. Yoga Foundations RPAC B138E	5:20–6:20 p.m. Circuit Cycle RPAC B30	5:30–6:30 p.m. TRX® RPAC Track Level	5:45–6:45 p.m. Shake It! RPAC South Gym		
6–7 p.m. Cross Training RPAC South Gym	5:30–6:30 p.m. Shake It! NRC 210	5:30–6:30 p.m. Barre None NRC 210	5:50–6:50 p.m. Barre None RPAC B134		
6–7 p.m. Circuit Cycle NRC 310	5:30–6:30 p.m. TRX® RPAC Track Level	5:50–6:50 p.m. Yoga Inversions RPAC B138E	6:45–7:45 p.m. TRX® RPAC Track Level		
6:45–7:45 p.m. TRX® RPAC Track Level	5:45–6:45 p.m. Cardio Kickboxing RPAC South Gym	6–7 p.m. Buckeye Bootcamp RPAC South Gym	7–8 p.m. Power Yoga NRC 210		
7–8 p.m. NEW! STRONG by Zumba® NRC 210	5:50–6:50 p.m. Power Yoga RPAC B134	6–7 p.m. Circuit Cycle NRC 310	7–8 p.m. Hip Hop Fitness RPAC B30		
7–8 p.m. Circuit Cycle RPAC B30	6–7 p.m. Circuit Cycle NRC 310	6–6:50 p.m. Yogalates RPAC B134	7:15–8:15 p.m. Relaxation Yoga RPAC B134		
7:45–8:45 p.m. Hip Hop Fitness RPAC South Gym	6:45–7:45 p.m. TRX® RPAC Track Level	6:45–7:45 p.m. TRX® RPAC Track Level	7:15–8:15 p.m. Candlelight Power Yoga Women's Field House		
	7–8 p.m. Zumba® Step RPAC B30	7–8 p.m. Shake It! NRC 210			
	7–8 p.m. Power Yoga NRC 210	7:15–8:15 p.m. Candlelight Power Yoga Women's Field House			
	7:15–8:15 p.m. Relaxation Yoga RPAC B134	7:30–8:30 p.m. Zumba® RPAC South Gym			
	7:15–8 p.m. NEW! BOSU® Blast RPAC South Gym	8–9 p.m. Late Night Ride RPAC B30			
	9–10 p.m. Late Night Zumba® A200	8:30–9:30 p.m. Candlelight Relaxation Yoga Women's Field House			
		9–10 p.m. NEW! Late Night Hip Hop A200			

KEY

RPAC: 

North Rec: 

Women's Field House: 

NO CLASS

Labor Day Weekend
 9/1 no class after 2 p.m.
 9/2 all day
 9/3 all day
 9/4 no class before 4 p.m.

Fall Break
 10/12 all day
 10/13 all day
 10/14 all day
 10/15 no class before 3 p.m.

Thanksgiving Break
 Modified Schedule 11/20–11/26

Visit recsports.osu.edu for class descriptions and instructor info.