**Fitness Class Schedule**  | Thursday, December 5, 2019

**CYCLE STRONG**
6:30 - 7:30 a.m. | RPAC B30
The ultimate combo class! Sweat it out to the music on the bike for the first half of class and then head to the floor for STRONG by Zumba®, a high-intensity interval training workout choreographed to the music. This class will leave you feeling energized and ready to tackle finals!

**AWAKENING YOGA**
7 - 8 a.m. | RPAC B134
Start your morning off right with Awakening Yoga. This class will wake up your body and mind as you move through a variety of yoga poses while focusing on the union of the breath and movement.

**BIEBER FEVER CIRCUIT CYCLE**
9:30 - 10:30 a.m. | NRC 310
Do you have the fever for Bieber? If yes, this circuit cycle class is for you! Join us for this ‘one time’ only full body workout on and off the bike. ‘Mark your words’, this class will leave you ‘stuck in the moment’ with Justin. #neversaynever

**BLACK LIGHT RIDE**
8:30 - 9:30 a.m. | RPAC B30
Black Light Ride is back! Come join us for this heart pumping, quick paced and all around exciting 60-minute indoor cycle class. Only two requirements: wear some neon and have fun!

**BOY BAND BARRE**
10:30 - 11:30 a.m. | NRC 210
“S.O.S” because ‘Backstreet’s Back’ and ‘Tearin Up My Heart’ at Boy Band Barre! Come jam to your favorite boy bands like Backstreet Boys, ‘N Sync, One Direction and Jonas Brothers! Let’s have some fun and break a sweat, because that’s really “What Makes You Beautiful.”

**BLACK LIGHT RHYTHM RIDE**
10 - 11 a.m. | RPAC B30
Black Light Rhythm Ride is back! Come join us for this heart pumping, quick paced and all around exciting indoor cycle class to the music. Only two requirements: wear some neon and have fun!

**TAG TEAM TRX®**
11:45 a.m. - 12:45 p.m. | RPAC Track Level
Challenge yourself and by something new at this special edition Tag Team TRX®! You and your workout partner will alternate between drills on the floor and the straps. This class is first-come, first-serve, so be sure to show up early to claim your spot!

**PARTNER PILATES**
1 - 2 p.m. | RPAC B134
Partner Pilates aims to improve your total body flexibility, muscular endurance and strength with low-impact exercises that target core strength and focus on your breath. Grab a friend and join us for this interactive and empowering conditioning class!

**HEAVY METAL 30/30 BARBELL**
2 - 3 p.m. | RPAC B30
If you love giving your body a good beatdown and pumping music with even heavier beats, be sure to check out this specialty class. Our instructors are ready to turn up the intensity in both the playlist and the class plan. This 30/30 Barbell class is sure to get your heart rate up and your muscles working!

**SPIN & KICK**
4 - 5 p.m. | RPAC B30
During this high-intensity combo class, you’ll challenge your speed and endurance while cycling and focus on kickboxing technique on the floor. Get ready to sprint and climb on the bike and kick, box, bob and weave your way through finals!

**THROWBACK POWER YOGA**
4:30 - 5:30 p.m. | RPAC B134
Join us for this throwback inspired power yoga class! This is will be a dynamic, physically energizing form of yoga characterized by flowing sequences linked to the breath, all to your favorite throwback songs!

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**ROCKIN’ 30/30**
5 - 6 p.m. | NRC 310
Spend an hour shredding to some high energy rock ballads! This 30/30 class will cycle through the rock and roll of the 60s, your dad’s favorite 80s jams, and the punk of the 2000s. Stranger things have happened, but we guarantee high adrenaline for this ride.

**TABATA BOOTCAMP**
5:15 - 6:15 p.m. | RPAC South Gym
Are you ready for a new challenge? This Tabata inspired high-intensity circuit training class will be sure to test your muscular and cardiovascular endurance, strength and overall functional fitness. This fun, fast-paced class is welcome to all fitness levels!

**TRX®-TREME**
5:30 - 6:30 p.m. | RPAC Track Level
Take your training to the next level in this TRX® 360 class to the max. In addition to the straps, this circuit-based class will utilize the battle ropes, slam balls and resistance bands to give you the ultimate full body workout. Bring your energy and promise you’ll leave this class feeling ready to take on your finals.

**BLACK LIGHT BARBELL**
5:45 - 6:35 p.m. | RPAC B30
Ready to become stronger? In this Black Light Barbell class you will be progressively challenged through foundational strength moves that target the entire body. Whether it’s adding weight, changing the tempo or adding a burst of cardio, this 50-min class will be sure to push you towards reaching your fitness goals. Only two requirements: wear some neon and have fun!

**GLOW STRONG BY ZUMBA®**
6:30 - 7:30 p.m. | NRC 210
Get ready to work up a sweat and GLOW to some bumping music! STRONG by Zumba® is a high-intensity interval training workout choreographed to the music that will challenge your muscular and cardiovascular endurance. What more could you want?

**TOTALLY 2000S CYCLE + BARRE**
7 - 8 p.m. | RPAC B30
This class is the perfect blend of both indoor cycling and barre, set to the tune of all your favorite 2000s jams! Challenge your cardiovascular endurance on the bike and strengthen and sculpt your muscles on the floor with yoga, Pilates and ballet-inspired movements.

**BEYONCE CYCLE**
7:30 - 8:30 p.m. | NRC 310
Crazy in love with indoor cycle? You won’t want to miss this special edition Beyoncé class. Back by popular demand, this class will get you ‘in formation’ to ‘move your body’ and ‘work it out’ on the bike. It is a quick paced cardio workout— all to the soundtrack of Queen Bey!

**BUSTA FLOW**
8 - 9 p.m. | NRC 210
Busta’ move... Join us for this yoga class set to your favorite Hip-Hop and R&B tracks! The perfect balance of power and relaxation yoga, this vin-yin style yoga class will leave you feeling invigorated and refreshed and ready to tackle finals!

**DANCIN’ THROUGH THE DECADES**
9 - 10 p.m. | RPAC A200
Shake and shimmy the stress of finals away with your favorite Rec Sports dance instructors! This special-edition dance fitness class will play all your favorites from the past several decades, giving you a great cardio workout and the opportunity to let loose. With three total instructors leading you through this high-energy, non-stop dance party, we guarantee you’ll have so much fun you’ll forget you are working out!

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