




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. NEW! Rise & Grind RPAC B30	6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. NEW! Rise & Grind RPAC B30	6:15–7:15 a.m. 30/30 RPAC B30	10:30–11:30 a.m. Power Yoga RPAC B134
9–10 a.m. Circuit Cycle RPAC B30	6:30–7:30 a.m. Sunrise Yoga RPAC B134	6:45–7:45 a.m. TRX® RPAC Track Level	6:30–7:30 a.m. Sunrise Yoga RPAC B134	8–9 a.m. TRX® RPAC Track Level	11:45 a.m.–12:45 p.m. Circuit Cycle Pilates RPAC B30
10:20–11:20 a.m. Power Yoga RPAC B30	8–9 a.m. TRX® RPAC Track Level	8–9 a.m. TRX® RPAC Track Level	8–9 a.m. TRX® RPAC Track Level	11:45 a.m.–12:45 p.m. Cycle+Barre RPAC B30	2:45–3:35 p.m. Cardio Barbell RPAC B30
11:30 a.m.–12:30 p.m. Yoga NRC 210	9–10 a.m. Cycle+Barre RPAC B30	9–10 a.m. 30/30 RPAC B30	8–9 a.m. Power Yoga NRC 210	1–1:50 p.m. TRX® Express RPAC Track Level	3:30–4:30 p.m. NEW! Barre Boost RPAC B134
11:45 a.m.–12:45 p.m. NEW! 30/30 Barbell RPAC B30	10:20–11:20 a.m. Power Yoga RPAC B30	10:20–11:20 a.m. NEW! Yoga for Stress Relief RPAC B30	10:15–11 a.m. Barre Express RPAC B30	2:30–3:30 p.m. Yoga RPAC B134	4–4:45 p.m. Indoor Cycle RPAC B30
1–1:50 p.m. TRX® Express RPAC Track Level	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	11:30 a.m.–12:30 p.m. Yoga NRC 210	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	4–5 p.m. NEW! Barre Boost RPAC B134	5–6 p.m. Circuit Cycle RPAC B30
3–3:45 p.m. Indoor Cycle RPAC B30	Noon–1 p.m. TRX® RPAC Track Level	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	Noon–1 p.m. TRX® RPAC Track Level	4:30–5:30 p.m. Zumba® RPAC B30	5–6 p.m. Yoga RPAC B134
4:15–5 p.m. Indoor Cycle NRC 310	1:45–2:45 p.m. Simply Strength RPAC B30	Noon–1 p.m. NEW! TRX® 360 RPAC Track Level	3–3:45 p.m. Indoor Cycle RPAC B30	5:30–6:30 p.m. NEW! Yoga Playground RPAC B134	6:30–7:30 p.m. TRX® RPAC Track Level
4:15–5:15 p.m. 30/30 RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	4–5 p.m. Full Body Challenge RPAC B30		7–8 p.m. Zumba® RPAC B30
4:30–5:30 p.m. Barre None RPAC B138E	4:10–5 p.m. Cardio Barbell RPAC B30	4:00–5:00 p.m. Circuit Cycle RPAC B30	4:30–5:30 p.m. NEW! Gentle Yoga RPAC B134		
4:45–5:45 p.m. Power Yoga RPAC B134	4:30–5:30 p.m. Yoga RPAC B134	4:15–5 p.m. Indoor Cycle NRC 310	4:30–5:30 p.m. 30/30 NRC 310		
5:30–6:15 p.m. Aqua Zumba® RPAC Class Pool	4:30–5:30 p.m. Cycle+Barre NRC 310	4:30–5:30 p.m. Pilates RPAC B138E	5:20–6:20 p.m. Circuit Cycle RPAC B30		
5:30–6:30 p.m. TRX® RPAC Track Level	4:45–5:30 p.m. Pilates Express RPAC B138E	4:30–5:30 p.m. Shake It! RPAC B134	5:30–6:30 p.m. TRX® RPAC Track Level		
5:30–6:30 p.m. Pilates NRC 210	5:20–6:20 p.m. Circuit Cycle RPAC B30	5:20–6:20 p.m. NEW! 30/30 Barbell RPAC B30	5:30–6:30 p.m. STRONG by Zumba® NRC 210		
5:30–6:30 p.m. Cross Training RPAC South Gym	5:30–6:30 p.m. Zumba® NRC 210	5:30–6:30 p.m. TRX® RPAC Track Level	5:30–6:30 p.m. Cross Training RPAC South Gym		
5:30–6:30 p.m. Circuit Cycle NRC 310	5:30–6:30 p.m. TRX® RPAC Track Level	5:30–6:30 p.m. Circuit Cycle NRC 310	5:50–6:50 p.m. NEW! Barre Boost RPAC B134		
5:45–6:35 p.m. Cardio Barbell RPAC B30	5:45–6:30 p.m. Cardio Kick Express RPAC South Gym	5:30–6:30 p.m. Cardio Kickboxing RPAC South Gym	6–7 p.m. Cycle+Barre NRC 310		
5:50–6:50 p.m. NEW! Yoga for Stress Relief RPAC B138E	5:50–6:50 p.m. Barre None RPAC B134	5:45–6:45 p.m. Barre None NRC 210	7–8 p.m. Power Yoga NRC 210		
6:45–7:45 p.m. TRX® RPAC Track Level	6–7 p.m. Circuit Cycle NRC 310	5:45–6:45 p.m. Relaxation Yoga RPAC B134	7–8 p.m. Hip Hop Fitness RPAC B30		
7–8 p.m. STRONG by Zumba® NRC 210	6:45–7:45 p.m. TRX® RPAC Track Level	5:50–6:50 p.m. NEW! Yoga Inversions Flow RPAC B138E	7:15–8:15 p.m. Relaxation Yoga RPAC B134		
7–8 p.m. Circuit Cycle RPAC B30	7–8 p.m. Ropes & Rowers RPAC South Gym	6:45–7:45 p.m. TRX® RPAC Track Level	7:15–8:15 p.m. Candlelight Power Yoga Women's Field House		
8:30–9:30 p.m. NEW! Candlelight Yoga NRC 210	7–8 p.m. Hip Hop Fitness RPAC B30	7–8 p.m. Shake It! NRC 210	8:30–9:30 p.m. Zumba® NRC 210		
	7–8 p.m. Relaxation Yoga NRC 210	7–8 p.m. Buckeye Bootcamp RPAC South Gym			
	7:15–8:15 p.m. Relaxation Yoga RPAC B134	7:15–8:15 p.m. Candlelight Power Yoga Women's Field House			
	9–10 p.m. Late Night Zumba® A200	8–9 p.m. STRONG by Zumba® RPAC B30			
		8:30–9:30 p.m. Candlelight Relaxation Yoga Women's Field House			
		9–10 p.m. Late Night Zumba® A200			

KEY

RPAC: 

North Rec: 

Women's Field House: 

ACTIVATE YOUR FREE GROUP FITNESS PASS BEFORE COMING TO CLASS!
go.osu.edu/activatefitnesspass

NO CLASS

Labor Day Weekend
 8/31 no class after 2 p.m.
 9/1 all day
 9/2 all day
 9/3 no class before 4 p.m.

Fall Break
 10/11 all day
 10/12 all day
 10/13 all day
 10/14 no class before 3 p.m.

Thanksgiving Break
 11/20 no class after 6:30 p.m.
 11/21 all day
 11/22 all day
 11/23 all day
 11/24 all day
 11/25 no class before 3 p.m.

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