

AUTUMN GROUP FITNESS CLASSES

CLASSES ARE OPEN TO ALL FITNESS LEVELS
EVERYONE IS WELCOME!

MON	TUES	WED	THU	FRI	SUN
6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. Sunrise Yoga RPAC B134	6:15–7:15 a.m. Indoor Cycle RPAC B30	6:30–7:30 a.m. Rise & Grind RPAC B30	6:15–7:15 a.m. 30/30 RPAC B30	10:30–11:30 a.m. Power Yoga RPAC B134
7:30–8:30 a.m. Circuit Cycle RPAC B30	7:30–8:30 a.m. Indoor Cycle RPAC B30	9–10 a.m. Circuit Cycle RPAC B30	8–9 a.m. TRX® RPAC Track Level	7:30–8:30 a.m. Power Yoga RPAC B30	11 a.m.–Noon Cycle+Yoga Power Hour RPAC B30
8–9 a.m. Yoga NRC 210	8–9 a.m. 30/30 NRC 310	10:20–11:20 a.m. Yoga RPAC B30	8–9 a.m. Power Yoga NRC 210	8–9 a.m. TRX® 360 RPAC Track Level	Noon–1 p.m. Barre RPAC B134
9–10 a.m. 30/30 RPAC B30	9–10 a.m. Cycle+Barre RPAC B30	11:30 a.m.–12:30 p.m. Yogalates NRC 210	9–10 a.m. Cycle+Barre RPAC B30	9:15–10 a.m. Indoor Cycle RPAC B30	3–3:45 p.m. Pilates Express RPAC B30
10:15–11 a.m. Pilates Express RPAC B30	11:45 a.m.–12:45 p.m. TRX® 360 RPAC Track Level	11:45 a.m.–12:45 p.m. 30/30 Barbell RPAC B30	9:15–10 a.m. Indoor Cycle NRC 310	10:20–11:20 a.m. Relaxation Yoga RPAC B30	3:30–4:30 p.m. Yoga RPAC B134
11:45 a.m.–12:35 p.m. Cardio Barbell RPAC B30	11:45 a.m.–12:45 p.m. Cycle+Barre RPAC B30	Noon–12:50 p.m. TRX® Express RPAC Track Level	11:45 a.m.–12:45 p.m. Cycle+Barre RPAC B30	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	4–4:45 p.m. Indoor Cycle RPAC B30
1:15–2:15 p.m. Cycle+Barre RPAC B30	1:15–2:15 p.m. 30/30 RPAC B30	1:15–2:15 p.m. 30/30 RPAC B30	1:15–2:15 p.m. 30/30 Barbell RPAC B30	1:15–2:15 p.m. Cycle+Barre RPAC B30	5–6 p.m. NEW! Circuit Cycle Barbell RPAC B30
2:30–3:30 p.m. Yoga RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	4–5 p.m. 30/30 RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	2:30–3:30 p.m. Power Yoga RPAC B30	5:15–6:15 p.m. Barre RPAC B134
4–5 p.m. Full Body Challenge RPAC B30	4–5 p.m. Relaxation Yoga NRC 210	4–5 p.m. Cycle+Barre NRC 310	4:10–5 p.m. Cardio Barbell RPAC B30	3–4 p.m. Barre RPAC B134	5:30–6:30 p.m. TRX® 360 RPAC Track Level
4–5 p.m. Barre Bootcamp NRC 210	4:10–5 p.m. Cardio Barbell RPAC B30	4:30–5:30 p.m. Zumba® RPAC B134	4:30–5:30 p.m. Power Yoga RPAC B134	4–4:50 p.m. TRX® Express RPAC Track Level	6:45–7:45 p.m. Full Body Challenge RPAC B30
4:15–5 p.m. Indoor Cycle NRC 310	4:30–5:30 p.m. Barre RPAC B134	5:15–6:15 p.m. TRX® 360 RPAC Track Level	5:20–6:20 p.m. Circuit Cycle RPAC B30	4:30–5:30 p.m. Hip Hop Fitness RPAC B134	6:45–7:30 p.m. NEW! Zumba® Express RPAC B134
4:30–5:30 p.m. Zumba® RPAC B134	5:20–6:20 p.m. Circuit Cycle RPAC B30	5:20–6:10 p.m. Cardio Barbell RPAC B30	5:30–6:30 p.m. Barre Bootcamp NRC 210	5:50–6:50 p.m. NEW! Hip Hop Yoga Flow RPAC B134	8–9 p.m. Candlelight Power Yoga RPAC B134
5:15–6:15 p.m. TRX® 360 RPAC Track Level	5:30–6:30 p.m. Buckeye Bootcamp RPAC South Gym	5:30–6:20 p.m. HIIT RPAC South Gym	5:30–6:30 p.m. NEW! Dance Fit RPAC South Gym		
5:20–6:20 p.m. 30/30 Barbell RPAC B30	5:30–6:30 p.m. Barre NRC 210	5:30–6:30 p.m. Barre NRC 210	5:50–6:50 p.m. Barre RPAC B134		
5:30–6:30 p.m. Cardio Kickboxing RPAC South Gym	5:50–6:50 p.m. Zumba® RPAC B134	5:30–6:30 p.m. Circuit Cycle NRC 310	6–7 p.m. 30/30 NRC 310		
5:30–6:30 p.m. Circuit Cycle NRC 310	6–7 p.m. Cycle+Barre NRC 310	5:45–6:30 p.m. Pilates Express RPAC B138E	6:45–7:45 p.m. TRX® RPAC Track Level		
5:45–6:30 p.m. STRONG by Zumba® NRC 210	6:45–7:45 p.m. TRX® RPAC Track Level	5:50–6:50 p.m. Power Yoga RPAC B134	7–8 p.m. Power Yoga NRC 210		
5:45–6:45 p.m. Relaxation Yoga RPAC B138E	7–7:45 p.m. STRONG by Zumba® RPAC B30	6:45–7:45 p.m. TRX® RPAC Track Level	7–8 p.m. Cycle+Barre RPAC B30		
6:45–7:45 p.m. TRX® RPAC Track Level	7–8 p.m. Yoga NRC 210	7–8 p.m. Buckeye Bootcamp RPAC South Gym	7:15–8:15 p.m. Shake It! RPAC B134		
7–8 p.m. Circuit Cycle RPAC B30	7:15–8:15 p.m. Yoga for Stress Relief RPAC B134	7–8 p.m. STRONG by Zumba® NRC 210	7:45–8:45 p.m. Candlelight Yoga Women's Field House		
7–8 p.m. Zumba® NRC 210	8:30–9:30 p.m. Late Night Ride NRC 310	7–7:50 p.m. Cardio Barbell NRC 310	8:30–9:30 p.m. Zumba® NRC 210		
7–7:50 p.m. Cardio Barbell NRC 310	9–10 p.m. Late Night Zumba® A200	7:45–8:45 p.m. Candlelight Yoga Women's Field House			
8:30–9:30 p.m. Candlelight Yoga NRC 210		8–9 p.m. Late Night Circuit Cycle RPAC B30			
		9–10 p.m. Late Night Yoga 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**
8/30 no class after 2 p.m.
8/31 all day
9/1 all day
9/2 no class before 4 p.m.
- Fall Break**
10/9 no class after 6:30 p.m.
10/10 all day
10/11 all day
10/12 all day
10/13 no class before 3 p.m.
- Thanksgiving Break**
11/26 no class after 6:30 p.m.
11/27 all day
11/28 all day
11/29 all day
11/30 all day
12/1 no class before 3 p.m.

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