




# SPRING 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! Sunrise Yogalates RPAC B134	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. 30/30 RPAC B30	10:30–11:30 a.m. Yoga RPAC B134
7:30–8:30 a.m. Yoga RPAC B30	6:30–7:30 a.m. Rise & Grind RPAC B30	8–9 a.m. TRX® RPAC Track Level	6:30–7:30 a.m. Rise & Grind RPAC B30	7:30–8:30 a.m. Power Yoga RPAC B30	10:30–11:30 a.m. 30/30 RPAC B30
9–10 a.m. Full Body Challenge RPAC B30	8–9 a.m. TRX® RPAC Track Level	9:15–10 a.m. Barre Express RPAC B30	8–9 a.m. Power Yoga NRC 210	8–9 a.m. TRX® RPAC Track Level	Noon–1 p.m. Barre None RPAC B134
10:30–11:15 a.m. Pilates Express RPAC B30	8–9 a.m. Power Yoga NRC 210	10:20–11:20 a.m. Yoga RPAC B30	9–10 a.m. Circuit Cycle RPAC B30	9:15–10 a.m. Indoor Cycle RPAC B30	4–4:45 p.m. Indoor Cycle RPAC B30
11:45 a.m.–12:45 p.m. Yoga NRC 210	9–9:50 a.m. Cardio Barbell RPAC B30	11:45 a.m.–12:45 p.m. Yoga NRC 210	10:30–11:15 a.m. Barre Express RPAC B30	11:45 a.m.–12:45 p.m. Cycle + Barre RPAC B30	4–5 p.m. Zumba® RPAC B134
11:45 a.m.–12:45 p.m. 30/30 Barbell RPAC B30	10:20–11:20 a.m. Power Yoga RPAC B30	11:45 a.m.–12:45 p.m. 30/30 RPAC B30	11:45 a.m.–12:45 p.m. Circuit Cycle RPAC B30	2:30–3:30 p.m. Yoga RPAC B30	5–6 p.m. Circuit Cycle RPAC B30
1:45–2:45 p.m. Circuit Cycle RPAC B30	11:45 a.m.–12:45 p.m. Cycle + Barre RPAC B30	1:45–2:45 p.m. Circuit Cycle RPAC B30	1–1:50 p.m. TRX® Express RPAC Track Level	3–4 p.m. Barre Boost RPAC Track Level	5:15–6:15 p.m. Power Yoga RPAC B134
3–3:45 p.m. Indoor Cycle RPAC B30	1:45–2:45 p.m. 30/30 RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	1:45–2:45 p.m. 30/30 Barbell RPAC B30	4–4:50 p.m. TRX® Express RPAC Track Level	5:30–6:30 p.m. TRX® 360 RPAC Track Level
4–5 p.m. Yoga RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	4:10–5 p.m. Cardio Barbell RPAC B30	3–3:45 p.m. Indoor Cycle RPAC B30	4:30–5:30 p.m. Zumba® RPAC B134	6:45–7:45 p.m. Full Body Challenge RPAC B30
4–4:50 p.m. TRX® Express RPAC Track Level	4–5 p.m. Simply Strength RPAC B30	4:15–5 p.m. Indoor Cycle NRC 310	4:10–5 p.m. Cardio Barbell RPAC B30	4:30–5:15 p.m. Pilates Express NRC 210	6:45–7:45 p.m. Barre Boost RPAC B134
4:15–5 p.m. Indoor Cycle NRC 310	4–5 p.m. Zumba® NRC 210	4:30–5:30 p.m. Zumba® RPAC B134	4:30–5:15 p.m. Pilates Express NRC 210	4:30–5:30 p.m. Barre Boost RPAC B134	8:15–9:15 p.m. Zumba® RPAC B134
4:30–5:30 p.m. Zumba® RPAC B134	4:30–5:30 p.m. Relaxation Yoga RPAC B134	5:20–6:20 p.m. 30/30 RPAC B30	4:30–5:30 p.m. Barre Boost RPAC B134	4:45–5:30 p.m. Indoor Cycle NRC 310	
5:20–6:20 p.m. 30/30 RPAC B30	4:30–5:30 p.m. Pilates RPAC B138E	5:30–6:30 p.m. TRX® RPAC Track Level	4:45–5:30 p.m. Indoor Cycle NRC 310	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. Indoor Cycle NRC 310	5:30–6:30 p.m. Cardio Kickboxing RPAC South Gym	5:20–6:20 p.m. Circuit Cycle RPAC Track Level	5:30–6:30 p.m. TRX® RPAC Track Level	
5:30–6:30 p.m. Barre None NRC 210	5:20–6:20 p.m. Circuit Cycle RPAC B30	5:30–6:30 p.m. Circuit Cycle NRC 310	5:30–6:30 p.m. Circuit Cycle NRC 310	5:30–6:30 p.m. Buckeye Bootcamp RPAC South Gym	
5:30–6:30 p.m. Circuit Cycle NRC 310	5:30–6:30 p.m. Cross Training RPAC South Gym	5:30–6:30 p.m. Barre None NRC 210	5:30–6:30 p.m. Buckeye Bootcamp RPAC South Gym	5:30–6:30 p.m. Yoga for Stress Relief NRC 210	
5:50–6:50 p.m. Yoga for Stress Relief RPAC B138E	5:30–6:30 p.m. TRX® 360 RPAC Track Level	5:50–6:50 p.m. Power Yoga RPAC B134	5:30–6:30 p.m. Yoga for Stress Relief NRC 210	5:50–6:50 p.m. Shake It! RPAC B134	
6:45–7:45 p.m. TRX® RPAC Track Level	5:30–6:30 p.m. Pilates NRC 210	5:50–6:50 p.m. Barre None RPAC B138E	5:50–6:50 p.m. Shake It! RPAC B134	6–7 p.m. Cycle + Barre NRC 310	
6:45–7:45 p.m. Cycle + Barre RPAC B30	5:50–6:50 p.m. Barre Boost RPAC B134	6:45–7:45 p.m. TRX® RPAC Track Level	6–7 p.m. Cycle + Barre NRC 310	6:45–7:45 p.m. TRX® 360 RPAC Track Level	
7–8 p.m. Cross Training RPAC South Gym	6–7 p.m. 30/30 NRC 310	7–8 p.m. Buckeye Bootcamp RPAC South Gym	6:45–7:45 p.m. TRX® 360 RPAC Track Level	7–8 p.m. Hip Hop Fitness RPAC B30	
7–8 p.m. Zumba® NRC 210	6:45–7:45 p.m. TRX® RPAC Track Level	7–8 p.m. STRONG by Zumba® NRC 210	7–8 p.m. Hip Hop Fitness RPAC B30	7–8 p.m. NEW! Barre Bootcamp NRC 210	
8:30–9:30 p.m. Candlelight Yoga NRC 210	7–8 p.m. STRONG by Zumba® RPAC B30	7:15–8:15 p.m. Candlelight Relaxation Yoga Women's Field House	7–8 p.m. NEW! Barre Bootcamp NRC 210	7:15–8:15 p.m. Power Yoga RPAC B134	
	7–8 p.m. Relaxation Yoga NRC 210	8–9 p.m. Hip Hop Circuit Cycle RPAC B30	7:15–8:15 p.m. Power Yoga RPAC B134	7:15–8:15 p.m. Candlelight Relaxation Yoga Women's Field House	
	7:15–8:15 p.m. Power Yoga RPAC B134	8:30–9:30 p.m. Candlelight Yoga Women's Field House	7:15–8:15 p.m. Candlelight Relaxation Yoga Women's Field House	8:30–9:30 p.m. Zumba® NRC 210	
	8:30–9:30 p.m. Late Night Ride NRC 310	9:15–10:15 p.m. Late Night Hip Hop A200	8:30–9:30 p.m. Zumba® NRC 210		
	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](http://go.osu.edu/activatefitnesspass)

**NOTES**

Monday, January 21 – No class before 4 p.m.  
 Sunday, April 21 – No class before 4 p.m.

Abbreviated Spring Break, Reading Day and Finals Week schedules.

Visit [recsports.osu.edu](http://recsports.osu.edu) for class descriptions and instructor info.