### Summer Group Fitness Classes

**Free Group Fitness Classes May 20–July 31**

**MON**
- 6:15–7:15 a.m.
  - Indoor Cycle
  - RPAC B30

**TUE**
- 6:30–7:30 a.m.
  - Sunrise Yoga
  - RPAC B30
- 8–9 a.m.
  - TRX®
  - RPAC Track Level
- 11:45 a.m.–12:45 p.m.
  - Cycle + Barre
  - RPAC B30
- 4–5 p.m.
  - Circuit Cycle
  - RPAC B30
- 5:15–6 p.m.
  - Indoor Cycle
  - RPAC B30
- 5:30–6:30 p.m.
  - TRX®
  - RPAC Track Level
- 6–7 p.m.
  - Relaxation Yoga
  - RPAC B134

**WED**
- 6:15–7:15 a.m.
  - 30/30
  - RPAC B30
- 11:45 a.m.–12:45 p.m.
  - Circuit Cycle
  - RPAC B30
- 5:10–6 p.m.
  - Cardio Barbell
  - RPAC B30
- 5:30–6:30 p.m.
  - Power Yoga
  - RPAC B134
- 6:45–7:45 p.m.
  - TRX®
  - RPAC Track Level
- 7–8 p.m.
  - STRONG by Zumba®
  - RPAC B134

**THU**
- 6:30–7:30 a.m.
  - Rise & Grind
  - RPAC B30
- 8–9 a.m.
  - TRX®
  - RPAC Track Level
- 11:45 a.m.–12:45 p.m.
  - Circuit Cycle Pilates
  - RPAC B30
- 4–4:45 p.m.
  - Indoor Cycle
  - RPAC B30
- 5:30–6:30 p.m.
  - Barre Boost
  - RPAC B134
- 7–8 p.m.
  - Power Yoga
  - RPAC B134

**FRI**
- 6:15–7:15 a.m.
  - Cycle + Barre
  - RPAC B30
- 11:45 a.m.–12:45 p.m.
  - 30/30 Barbell
  - RPAC B30
- 4–5 p.m.
  - Zumba®
  - RPAC B134
- 5:30–6:30 p.m.
  - Yoga
  - RPAC B134
- 5:30–6:30 p.m.
  - Yoga
  - RPAC B30

**SUN**
- 3–3:45 p.m.
  - Indoor Cycle
  - RPAC B30
- 4:10–5 p.m.
  - Cardio Barbell
  - RPAC B30
- 5:30–6:30 p.m.
  - Yoga
  - RPAC B134
- 5:30–6:30 p.m.
  - Yoga
  - RPAC B30

**NOTES**
- No Class
  - All Day: 5/26–5/27
  - After 1 p.m.: 7/3
  - All Day: 7/4–7/5

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**Office of Student Life**

**Recreational Sports**

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**The Ohio State University**