

READING Day

Enjoy FREE activities!

Fitness Class Schedule | Tuesday, April 24, 2018

SIMPLY SWOLE

6:30 - 7:30 a.m. | RPAC B30

If Simply Strength is your favorite class, then Simply Swole is perfect for you. Double the instructors means double the motivation, so be prepared to work hard and crush your finals week stresses. Start bright and early by firing up those muscles and get your brain ready to crush the rest of your day!

SUNRISE YOGA

7 - 8 a.m. | RPAC B134

Start your morning off right with Sunrise 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.

DYNAMIC DUO TRX®

8 - 9 a.m. | RPAC Track Level

Grace and Becca, the Dynamic Duo, are ready to throw a partner-centered class your way. Bring your swolemate and get ready to sweat. The theme? Power couples, duets and famous duos. Instructors will be dressed in theme and a prize will be given to the best dressed participant duo. Grab your costume and come early to claim your spot as this special edition TRX® class is sure to fill up!

BLACK LIGHT RHYTHM RIDE

8:15 - 9 a.m. | RPAC B30

Black light Rhythm Ride is back! Come join us for this heart pumping, quick paced and all-around exciting 45-minute indoor cycle class. Only two requirements: wear some neon and have fun!

BLACK LIGHT RHYTHM RIDE (ROUND 2)

9:15 - 10 a.m. | RPAC B30

Black light Rhythm Ride is back! Come join us for this heart pumping, quick paced and all-around exciting 45-minute indoor cycle class. Only two requirements: wear some neon and have fun!

BEYONCE CIRCUIT CYCLE

Noon - 1 p.m. | NRC 310/320

Crazy in love with circuit cycle? You won't want to miss this special edition Beyonce class. Back by popular demand, this class will get you 'in formation' to 'move your body' and 'work it out' on and off the bike. It is a full-body workout with a perfect balance of cardio, power, and strength-- all to the soundtrack of Queen Bey!

TAG-TEAM 30/30

1 - 2 p.m. | RPAC B30

Looking to challenge yourself and try something new? Come to this special edition Tag-Team 30/30! You and your workout partner will alternate between drills on the floor and some sets on the bike. We will pair you with another participant or feel free to bring a friend!

BARREX

2 - 3 p.m. | RPAC Track Level

What happens when you bring Barre to TRX®? This combo class will incorporate the intensity of strength and cardio exercises with a ballet-inspired spin. There is a focus on legs and lower body, however you will work the entire body as you test your balance, strength, and endurance. The choreographed movements to the music will leave you craving more.

CARDIO BARBELL BEATZ

3 - 4 p.m. | RPAC B30

If you love giving your body a good beatdown and pumping music with even stronger beats, be sure to check out this specialty class. Two of your favorite Cardio Barbell instructors turn up the intensity in both the playlist and the class plan. This workout is sure to get your head bobbing and your muscles working. Bring a good attitude and an even better work ethic.

ZEN WITH FRIENDS

4 - 5 p.m. | NRC 210/220

Bring a friend and find a new yoga flow with partner yoga. You will have the opportunity to explore and practice unique, acroyoga postures in a safe and supportive atmosphere. Learn to trust your body and your partners as you explore your balance abilities!

SUMMER SANDMAN CIRCUIT CYCLE

4:30 - 5:30 p.m. | RPAC B30

Ready for summer already? Love working out and the beach? This class is perfect for you. Join your enthusiastic instructors as they blast remixes to a crowd favorite and guide you through beach-themed exercises on and off the bike. Come with your energy, and maybe some sunscreen, as your instructors turn up the heat.

BUCKEYE BOOTCAMP XXL

5 - 6 p.m. | RPAC South Gym

Calling all Buckeyes! Get ready to take your training to the next level with this extra-extra-large version of Buckeye Bootcamp. We are celebrating the end of the school year by pulling out all your favorite group fitness toys – tires, battle ropes and much more! This fun and fast-paced class will test your muscular and cardiovascular endurance, strength and overall functional fitness. Prizes will be awarded to a few MVP's so be sure to give it all you've got!

BLINDFOLD YOGA

5:30 - 6:30 p.m. | RPAC B134

Close your eyes and take a deep breath. Change the way you think of yoga with this class, led solely with auditory cues. Blindfolds will be provided and used for the entirety of class to enhance your mind-body connection and to offer a unique perspective on what fitness is like without visual ability. Come learn how to trust and feel your body without visual ability as we strive to create a culture that Loves Every Body.

DOUBLE TROUBLE TRX®

6 - 7 p.m. | RPAC Track Level

Double the instructors, double the fun! Grab a friend and join us for this special edition TRX® class guaranteed to make you work twice as hard. This class is first-come, first-served so be sure to show up early to claim your spot!

BELLY UP TO THE BARRE

6:30 - 7:30 p.m. | NRC 210/220

Check out a new fitness combo: bellydance and barre. Challenge your core with a workout that combines two dance and balance-centered classes. This fun class is perfect for those new and old to the formats. Come ready to shimmy and squat with two of your favorite instructors to a upbeat and party-like playlist. Shake your way to NRC and don't be late!

BIKES AND BANDS

7 - 8 p.m. | RPAC B30

Circuit Cycle meets the versa loop. The special edition class will get you on and off the bike while constantly working your body in totally new ways. Get a tough workout in a short time by hitting every muscle group hard. Don't forget to bring your water bottle and your energy!

PARTY PILATES

7:30 - 8:30 p.m. | RPAC South Gym

Your favorite pilates instructors have teamed up for one master class! Join us in South Gym for the biggest pilates class of the semester. Bumping beats, pulsing plie squats and crushing core work await you at 7:30. Don't miss out on this one-of-a-kind pumped-up party!

GLOW WITH THE FLOW

8 - 9 p.m. | NRC 210/220

Revitalize your body and mind after a long day with Glow with the Flow Yoga. Our instructors will lead you through a class that will fluidly move from one pose to the next and incorporate strength, flexibility, balance, cardio and physical and mental stamina. Whether you are new to yoga or an experienced yogi, the lights, music and energy will leave you feeling stress-free and empowered to take on your finals.

DANCE REVOLUTION

9 - 10 p.m. | RPAC B134

Lover of all things dance fitness? Can't pick a favorite between hip hop and Zumba®? Dance Revolution is the Reading Day class for you! Bump, shake and groove to some of your favorite songs from the semester and check some new fitness challenges. We'll bring the energy late at night as long as you come ready to dance away your finals stress!

Sponsored by

