



READING Day

Enjoy **FREE** activities!

Group Fitness Class Schedule | December 6, 2018

TIME	LOCATION	CLASS	DESCRIPTION
6:30–7:30 a.m.	RPAC B30	Rise and Grind... Ready For It?	Stressed? “Shake it Off” and take advantage of that “Blank Space” in your schedule to energize your morning with this full body workout. “You Belong With Me” in this workout of your “Wildest Dreams”!
7–8 a.m.	RPAC B134	Rise and Shine Yoga	Start your morning off right with Rise and Shine 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.
8–9 a.m.	RPAC Track Level	Triple Threat TRX®	Looking to challenge yourself through a series of strength and cardio circuits? This class will utilize the TRX® Suspension Trainer, the track and the rowers to give you the ultimate full body workout! With three stations, this class is guaranteed to be three times as much fun!
8:30–9:30 a.m.	RPAC B134	“Boost” Your Morning Barre	Come ready to elevate your barre workout and start your day off strong! Utilizing the ballet barre, light weights and high repetitions, get ready to embrace the shake and feel the burn. This class is guaranteed to give you a boost of energy to tackle all of your finals!
9–10 a.m.	RPAC B30	Black Light Rhythm Ride	Blacklight Rhythm Ride is back! Come join us for this heart pumping, quick paced and all-around exciting indoor cycle class to the music. Only two requirements: wear some neon and have fun!
10:15–11 a.m.	RPAC B30	Black Light Ride	Black Light 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!
2–3 p.m.	RPAC B134	Blindfold Yoga	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.
4–4:50 p.m.	RPAC B30	Boy Band Cardio Barbell	“Come Together” because “Backstreet’s Back” and “Tearin’ Up My Heart” at Boy Band Cardio Barbell! Come jam to your favorite boy bands like Backstreet Boys, ‘N Sync, Hanson, One Direction and Maroon 5! Let’s have some fun and break a sweat, because that’s really “What Makes You Beautiful”.
4:30–5:30 p.m.	NRC 210	Slow Jams Yoga	Looking for a way to relieve stress? “This is How We Do It.” Take a break and revitalize your body and mind by holding poses for longer to better achieve maximum release and relaxation. This slow flow yoga class set to R&B slow jams is the perfect yoga remix to re-energize your body and mind.
5–6 p.m.	NRC 310	I Love the 90’s Cycle + Barre	Take a break and party like it’s 1999 in this special Cycle + Barre class. A combination of work done on and off the bike, this full-body workout is the perfect balance of cardio and sculpting. So get ready to pump up the jam and say “Bye, Bye, Bye” to stress!
5:15–6:15 p.m.	RPAC South Gym	Holiday Hustle	‘Tis the season for this special-edition bootcamp. This circuit style class features our group fitness tires, versafit logs, dynamax balls and much more! This class will be sure to test your muscular and cardiovascular endurance, strength and overall functional fitness. Come sweat it out and get in the holiday spirit!
5:30–6:30 p.m.	RPAC B134	Totally 80’s Pilates	Pull out your leotards and legwarmers for this 80’s inspired Pilates class. “With Every Breath You Take”, this low-impact, total-body workout will improve your muscular strength, endurance and flexibility. This class is guaranteed to you have you reaching for your sweatband!
6–7 p.m.	RPAC Track Level	Tag-Team TRX®	Looking to challenge yourself and try something new? Come to this special edition Tag-Team TRX®! You and your workout partner will alternate between drills on the floor and the straps. This class is first-come, first-served, so be sure to show up early to claim your spot!
6:30–7:30 p.m.	NRC 210	Glow STRONG by Zumba®	Get ready to work up a sweat and GLOW to some bumping music! STRONG by Zumba® is a high-intensity interval training workout choreographed to the music that will challenge your muscular and cardiovascular endurance. What more could you want?
7–8 p.m.	RPAC B30	Throwback Thursday Circuit Cycle	This is one #TBT you will sure want to post about! Come jam out during this 60-min Circuit Cycle class to all your favorite throwback tunes. You will alternate drills on and off the bike, leaving you feeling #strong #motivated #goals.
8–9 p.m.	NRC 210	Glow with the Flow	Revitalize your body and mind after a long day with Glow with the Flow Yoga. The perfect balance of power and relaxation yoga, this vin-yin style yoga class will leave you feeling invigorated and refreshed. The first-half of class will focus on flowing, heat-building postures to challenge your balance, strength and flexibility. The second-half will concentrate on deep stretching and restorative postures. 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.
9–10 p.m.	RPAC B30	Dancing Through the 2000’s	Shake and shimmy the stress of finals away with your favorite music through the 2000’s – and your favorite Rec Sports dance instructors! This special-edition dance fitness class will work your entire body while giving you a great cardio workout and the opportunity to let loose. With three total instructors leading you through this high-energy, non-stop dance party, we guarantee you’ll have so much fun you’ll forget you are working out!

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