

# University of Southern Indiana

SPRING 2026

## Group Exercise Schedule

For additional information, please call the RFC @ 812-461-5268

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 - 12:45 pm	<b>Gentle Yoga</b> Sukanya (Room 049)	<b>Tai Chi</b> Joe (Room 049)	<b>Flow Yoga</b> Denise (Room 049)	<b>Slow Flow Yoga</b> Andrew (Room 049)	
2 – 2:45 pm					<b>Indoor Cycling</b> Dereth (Room 051)
3 – 3:45 pm	<b>Yoga Sculpt</b> Jasmine (Room 049)				<b>Slow Flow Yoga</b> Andrew (Room 049)
4 – 4:45 pm	<b>Cardio Step &amp; Sculpt</b> Jasmine (Room 049)		<b>Full Body Blitz</b> Sandi (Room 051) 4 – 4:30 pm		
4:30 – 5:15 pm		<b>Indoor Cycling</b> Dereth (Room 051)			
5 – 5:45 pm	<b>Butts N' Guts</b> Jasmine (Room 049)			<b>Pilates</b> Jill (Room 049)	
6 – 7 pm		<b>WERQ</b> Kayla (Room 049)	<b>Butts N' Guts</b> Sandi (Room 049) 6 – 6:45 pm	<b>WERQ</b> Jill (Room 049) 6 – 6:45 pm	
7 – 8 pm	<b>Hype Hop</b> Lorine (Room 049)		<b>Relaxing Yoga</b> Sandi (Room 049) 7 – 7:45 pm		

## **RFW Group Exercise Classes and Descriptions**

**Butts-N-Guts:** A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

**Cardio Step & Sculpt:** This class blends traditional step aerobics with strength training, using a step platform for cardio and weights/bands for sculpting to tone muscles, build endurance, and burn calories for a full-body workout suitable for all levels.

**Flow Yoga:** A vinyasa flow yoga class that will leave you feeling focused and relaxed throughout the rest of your day.

**Full Body Blitz:** Short and sweet and full of SWEAT! Get that heart rate up, burn some calories, and work on relieving some of that mental stress as you focus on putting your body through the paces of a high intensity class.

**Gentle Yoga:** Gentle yoga is a slow, low-intensity style focusing on accessible postures, controlled breathing, and relaxation, making it ideal for beginners, seniors, or those recovering from injury to build mobility, reduce stress, and improve overall well-being without strain

**Hype Hop:** A cardio dance class choreographed to all the hottest new hit music. Grab all your friends and come to the PARTY!

**Indoor Cycling:** A class designed to increase cardiovascular fitness and leg strength. A great break from a normal running routine.

**Pilates:** Pilates is a low-impact, mind-body exercise system focusing on core strength, flexibility, posture, and body awareness through precise, controlled movements

**Relaxing Yoga:** A restorative practice that will stretch your body and relax your mind.

**Slow Flow Yoga:** Slow flow yoga is a meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self.

**Tai Chi:** The relaxed approach to physical fitness! This ancient martial art practice, sometimes referred to as "meditation in motion", is a series of slow, gentle movements that can improve balance, flexibility, and muscular endurance; a great way to reduce stress and lower blood pressure.

**WERQ:** WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps too, so you get the best sweat.

**Yoga Sculpt:** A high-intensity fusion workout that blends traditional yoga poses with strength training (using hand weights) and cardio bursts, all set to upbeat music, creating a dynamic class that builds lean muscle, boosts metabolism, and improves flexibility for a full-body workout.