



Get Fit, Have Fun, Live Well!

Summer 2023

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 – 12:50 pm	Tone IT! (Donna) Rm 125	Flow Yoga (Denise/Sandi) Rm 125	Butts N' Guts (Donna/Sandi) Rm 125	Slow Flow Yoga (Andrew) Rm 125	
4:30 – 5:15 pm	Butts N' Guts (Donna) Rm 125				

Class Descriptions can be found on the back of this page or by visiting the RFW website at www.usi.edu/rfw

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

***Modifications may be made to schedule as necessary.**



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.

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.

Tone IT!: A combination of cardio and weights for a total body workout that blasts calories while toning and trimming your entire body.