

University of Southern Indiana

FALL 2023

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 - 12:45 pm	Flow Yoga Denise (Room 125)	Indoor Cycling Owen (Room 125/126)	Cardio Kick (30 minutes) Sandi (Room 125)	Slow Flow Yoga Andrew (Room 125)	Athletic Conditioning Owen (Room 125)
3 – 3:45 pm	Butts N’ Guts Donna (Room 125)				
4:30 – 5:15 pm	Total Body Tone Donna (Room 125)	Butts N’ Guts Donna (Room 125)	Relaxing Yoga Sandi (Room 125)		
5:30 – 6:15 pm		Total Body Tone Donna (Room 125)	Butts N’ Guts Sandi (Room 125)		
6:30 – 7:15 pm	WERQ 6:30 – 7:30 pm Mackenzie (Room 125/126)			WERQ 6:30 – 7:30 pm Kayla (Room 125/126)	

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

RFW Group Exercise Classes and Descriptions

Athletic Conditioning: Did you ever play sports? Miss the “team” environment? Come and get a workout AND be part of the team! Athletic conditioning will get you ready for Intramurals or any other “sport” you are preparing to play.

Cardio Kick: A challenging, intense, Tae-Bo® like cardio workout that utilizes kicks and punches to give you the ultimate kickboxing workout.

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

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

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

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.

Total Body Tone: An total body toning session that will give your total body worked-over.

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.