

University of Southern Indiana

FALL 2025

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 - 12:45 pm	Gentle Yoga Sukanya (Room 049)	Full Body Blitz 12:05-12:30 pm Sandi (Room 049)	Butts N' Guts Sandi (Room 049)	Slow Flow Yoga Andrew (Room 049)	
2 – 2:45 pm					Indoor Cycling Dereth (Room 051)
3 – 3:45 pm	Flex & Flow Molly (Room 049)	Flow Yoga Denise (Room 049)			Slow Flow Yoga Andrew (Room 049)
4:30 – 5:15 pm	Butts N' Guts Jasmine (Room 049)	Indoor Cycling Dereth (Room 051)	Sculpt It Jasmine (Room 049)		
5:30 - 6:15 pm				Butts N' Guts Sandi (Room 049)	
6 – 7 pm		WERQ Kayla (Room 049/051)		Relaxing Yoga 6:30 – 7:15 Sandi (Room 049)	
7 – 8 pm	Hype Hop Sydney (Room 049)		Hype Hop Stephanie (Room 049)		

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

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.

Flex & Flow: Stretch and strengthen head to toe through a fast-paced yoga flow.

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.

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.

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

Sculpt It: Cardio. Weights. TONING to the MAX. Get the best of both worlds with this total-body class.

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.

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.