

University of Southern Indiana

Fall 2024

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 - 12:45 pm	Butts N' Guts Jasmine (Room 049)	Total CORE 30 minutes Sandi (Room 049)	Core Power Yoga Denise (Room 049)	Slow Flow Yoga Andrew (Room 049)	Body Blast Jasmine (Room 049)
3 – 3:45 pm					Slow Flow Yoga Andrew (Room 049)
4 – 4:45 pm		Flow Yoga Jasmine (Room 049)	Cardio Cycle 4:15 – 4:45 pm Sandi (Room 051)		
5 – 5:45 pm		Cycling & Intervals Dereth (Room 051)	Butts N' Guts 5:30 – 6:15 pm Sandi (Room 049)		
6 – 7 pm	ZUMBA 6:15 – 7 pm Lonita (Room 049/051)	Hype Hop Mackenzie (Room 049/051)		WERQ Kayla (Room 049/051)	
6:30 – 7:15 pm			Relaxing Yoga Sandi (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.

Cardio Cycling: A class designed to increase cardiovascular fitness and leg strength. A short workout that will get your heart pumping all while being easier on your joints than going out for a run.

Core Power Yoga: A vinyasa flow yoga class that will help you strengthen while stretching and creating focus as you move fluidly throughout this movement filled class.

Cycling & Intervals: A blend of indoor cycling and off the bike intervals. A total body, calorie burning, athletic based workout.

Hype Hop: A high-energy, interactive, calorie-scorching dance party. Inspired by hip hop sound and movements, Hype Hop creates the most empowering and electrifying environment for you to get your workout on all while dancing your stress away.

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 CORE: Strength and flexibility for a total core experience. Your core is the base of all your movements – this class incorporates the mobility of the 6 movements of the spine in a practical and easy to follow way to make your every-day movement better.

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.

ZUMBA: a dance-based fitness program that combines Latin and international music with energetic dance moves. Zumba classes are often described as dance parties, and participants are encouraged to move to the beat of the music. The classes are high-energy and feature choreographed dance numbers, but they can be geared for just about any fitness level.