

# University of Southern Indiana

**SPRING 2023**

## Group Exercise Schedule

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
12:05 - 12:50 pm	<b>Pilates</b> Marian (Room 125)	<b>Core &amp; Stretch</b> Allison (Room 125)	<b>Butts N' Guts</b> Donna (Room 125)	<b>Slow Flow Yoga</b> Andrew (Room 125)	<b>Flow Yoga</b> Andrew (Room 125)
2 – 2:45 pm	<b>Flow Yoga</b> Denise (Room 125)				
3 – 3:45 pm				<b>Total Body Tone</b> Donna (Room 125)	<b>Slow Flow Yoga</b> Andrew (Room 125)
4 – 4:15 pm	<b>Core Strength</b> Marian (Room 125)	<b>Core Strength</b> Donna (Room 125)		<b>Core Strength</b> Donna (Room 125)	
4:30 – 5:15 pm	<b>Butts N' Guts</b> Marian (Room 125)	<b>Indoor Cycling</b> Donna (Room 125/126)	<b>Relaxing Yoga</b> Sandi (Room 125)	<b>Butts N' Guts</b> Donna (Room 125)	
5:30 – 6:15 pm		<b>Total Body Tone</b> Donna (Room 125)	<b>Butts N' Guts</b> Sandi (Room 125)		
6:30 – 7:15 pm		<b>Butts N' Guts</b> Donna (Room 125)		<b>WERQ</b> 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

**Butts-N-Guts:** A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core. Each instructor gives their own “flair” to this workout – come try each one!

**Core & Stretch:** A little total body stretching, and a little core strengthening – leave feeling relaxed and energized at the same time.

**Core Strength:** Core, core and more core. Strengthen the core to help build the strength of the entire body.

**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:** Need to de-stress and give yourself a little bit of “me” time? Take a minute to take a breathe and find the time to enjoy the place and space you occupy.

**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.

**Step & Tone:** A combination of step aerobics and weights to give your body the cardio and toning that it needs for an overall fantastic workout.

**Total Body Tone:** Get your heart pumping and your body chiseled with this overall total body toning workout

**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.