



*Get Fit, Have Fun, Live Well!*

## **Summer 2025**

### **Group Exercise Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 – 12:45 pm	<b>Butts N' Guts</b> (Sandi) Rm 049	<b>Flow Yoga</b> (Sandi) Rm 049		<b>Slow Flow Yoga</b> (Andrew) Rm 049	<b>Indoor Cycling</b> 12:15 – 1pm (Dereth) Rm 049
4:30 – 5:15 pm			<b>Butts N' Guts</b> (Jasmine) Rm 049		

**Class Descriptions can be found on the back of this page or by visiting the RFW website at [www.usi.edu/rfw](http://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.

**Flow Yoga:** A sequencing of Yoga poses that will encourage growth and clarity of self through strengthening poses, mental focus, and enhancing your current flexibility abilities. Leave rejuvenated for the remainder of your day. For all skill levels.

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

**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.