

# University of Southern Indiana

SPRING 2022

## Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 - 12:50 pm	<b>Pilates</b> Marian (Room 125)	<b>Core &amp; Stretch</b> (30 minutes) Dori (Room 125)	<b>Butts N' Guts</b> Donna (Room 125)	<b>Slow Flow Yoga</b> Andrew (Room 125)	
3 – 3:45 pm			<b>Slow Flow Yoga</b> Andrew (Room 125)	<b>Butts N' Guts</b> Donna (Room 125)	<b>Slow Flow Yoga</b> Andrew (Room 125)
4:30 – 5:15 pm	<b>Tone IT!</b> Marian (Room 125)	<b>WERQ</b> Mara (Room 125)	<b>Pilates</b> Marian (Room 125)		
5:30 – 6:15 pm	<b>Indoor Cycling</b> Dori (Room 125)	<b>Butts N' Guts</b> Sandi (Room 125)	<b>Core &amp; Stretch</b> (30 minutes) Dori (Room 125)		
6:30 – 7:15 pm	<b>Groove</b> Grace (Room 125)	<b>Indoor Cycling</b> Sandi (Room 125)		<b>WERQ</b> Kayla (Room 125)	

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

**\*\*\*Attendance is LIMITED in each class to allow for social distancing.\*\*\***

## 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.

**Core & Stretch:** Mostly Core work – but additional movements to help center and relax the body and mind.

**Groove:** Groove is a fun, fast temp dance workout that will get your body moving to some of the hottest songs. You'll learn new tricks and moves that you can show off to family and friends.

**Indoor Cycling:** A class designed to increase cardiovascular fitness and leg strength. A good cross-training workout to increase cardio vascular endurance without any impact on the joints.

**Pilates:** A series of non-impact exercises to develop strength, flexibility, balance and inner awareness.

**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.

**Tone IT!:** A combination of cardio and weights for a total body workout that blasts calories while toning and trimming your entire body.

**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.