

University of Southern Indiana

FALL 2022

Group Exercise Schedule

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

Body Blast: Weights and cardio. Cardio and weights. You get BOTH in body blast that will work your ENTIRE body!

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: 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.

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

Relaxing Yoga: Wind down and stretch out and give your body and mind a way to connect.

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.

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.