

Monday	Tuesday	Wednesday	Thursday	Friday
Sunrise Spin & Stretch 7-7:45am (B) (Kamille A.)	Yoga 8-8:45am (CD) (Kamille A.)	Sunrise Spin & Stretch 7-7:45am (B) (Kamille A.)	Yoga 8-8:45am (CD) (Kamille A.)	Spin 8-8:45am (B) (Ann J.)
Step-Up 8-9am (30min sessions) (Balcony) (Brie K.)	Kate's Kardio Dance 9-9:45am (CD) (Katelyn F.)	Step-Up 8-9am (30min sessions) (Balcony) (Brie K.)	Kate's Kardio Dance 9-9:45am (CD) (Katelyn F.)	Ying Yoga 8-8:45am (CD) (Emily B.)
Core Strength Yoga 8-8:45am (CD) (Sydney F.)	Bootcamp in the Bubble 11:30am-12:15pm (RecPlex) (Nicole S.)	Bootcamp in the Bubble 11:30am-12:15pm (RecPlex) (TBD)	Step-Up 10-11am (30min sessions) (Balcony) (Brie K.)	TRX 11-11:45am (E) (Jordan M.)
Cardio Dance 5-5:45pm (CD) (Emma C.)	Full Body Blast 3-3:45pm (E) (Justyce E.)	Vinyasa Yoga Flow 1-1:45pm (CD) (Emily B.)	Bootcamp in the Bubble 11:30am-12:15pm (RecPlex) (TBD)	Yoga Pilates Flow 11-11:45am (CD) (Emily B.)
Kettlebells 5-5:45pm (E) (Nicole S.)	Spin 4-4:45pm (B) (Sophie T.)	Kettlebells 5-5:45pm (E) (Nicole S.)	Full Body Blast 3-3:45pm (E) (Justyce E.)	Sunday
Kickbox 6-6:45pm (E) (Jocelyn T.)	Kickbox 6-6:45pm (E) (Jocelyn T.)	Cardio Dance 5-5:45pm (CD) (Emma C.)	Spin 4-4:45pm (B) (Sophie T.)	Sunday Spin 6-6:45pm (B) (Rotating)
Glutes Core & More 6-6:45pm (CD) (Nicole V.)	Spin 6-6:45pm (B) (Nicole V.)	Glutes Core & More 6-6:45pm (CD) (Nicole V.)	Spin 6-6:45pm (B) (Nicole V.)	Sunday Night Yoga 7-7:45pm (CD) (Sydney F.)
Kate's Kardio Dance 7-7:45pm (CD) (Katelyn F.)	Yoga 7-7:45pm (CD) (Ann J.)	Kate's Kardio Dance 7-7:45pm (CD) (Katelyn F.)	Yoga 7-7:45pm (CD) (Ann J.)	
Spin 7-7:45pm (B) (Sydney F.)		Spin 7-7:45pm (B) (Sydney F.)		



Fall 2021

Group Exercise Schedule

Sep 8- Dec 10

👁️ Look for your favorite style of class! 👁️

Cardio/Strength

Spin

Mind & Body

Dance

All Group Exercise Classes are FREE!

- Masks will be required at all times ATTENDANCE GUIDELINES
- Some class sizes will be limited and participants are encouraged to reserve their spot
 - Reserve your spot at <https://rec.registration.uwosh.edu/>
 - You can also reserve your spot on the UW O Student Rec Mobile App!
 - A reservation is not required, but you will be turned away if the class is full and you did not reserve a spot

📱 Text '@srwcgroupx' to 81010 to receive texts regarding last second cancellations.

Schedule is subject to change, head to <https://rec.registration.uwosh.edu/> for most updated schedule and to see class descriptions

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