

University of Southern Indiana

FALL 2021

Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05 - 12:50 pm	Pilates Marian (Room 125)	WERQ Kayla (Room 125)	Core & More (30 minutes) Donna (Room 125)	Slow Flow Yoga Andrew (Room 125)	Butts N' Guts Sandi/Donna (Room 125)		
3 – 3:45 pm			Relaxing Yoga Sandi (Room 125)	Butts N' Guts Donna (Room 125)	Slow Flow Yoga Andrew (Room 125)		
4:30 – 5:15 pm	Step & Tone Marian (Room 125)	Total Body RESET Dorriane (Room 125)	Body Blast Marian (Room 125)	Core & More (30 minutes) Donna (Room 125)			
5:30 – 6:15 pm	Butts N' Guts Donna (Room 125)	Indoor Cycling Sandi (Room 125)	PLANKS (15 minutes) Dorriane (Room 125)	WERQ Kayla (Room 125)			
6:30 – 7:15 pm	Core & More (30 minutes) Donna (Room 125)	Butts N' Guts Sandi (Room 125)	Indoor Cycling 6 – 6:45 pm Dorriane (Room 125)				WERQ Erika (Room 125)
7:30 – 8:15 pm	Groove Grace (Room 125)	WERQ Mara (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

Body Blast: Weights and cardio. Cardio and weights. Body Blast does both to 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 & More: Mostly Core work – but additional movements added to focus on the ENTIRE body.

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.

Flow Yoga: Flow is a combination of accessible poses, fluid movement and breath. Over the course of 45 minutes you will move through a series of poses that gently engage and open all the major muscle groups.

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

PLANKS: A short, CORE-focused class that will give you a large variety of planks to task your mid-section to the MAX.

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.

Total Body RESET: The goal is to RESET the body by working ALL parts of the body. A high intensity, maximum effort, calorie burning 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.