

Summer 2021 Session 2: June 21-August 1

ONLINE FITNESS CLASSES

All online fitness classes are FREE to members and non-members; registration required per session.

Registration open until July 2. Class schedule subject to change. Class times and capacity reflect physical distancing guidelines.

*There will be **NO classes on Sundays, July 4 and August 1**. There will still be classes on Saturday, July 3 and Monday, July 5.

Aerobics & Conditioning – Have Fun & Stay Fit!

Class	Days	Time	Location	Instructor
STRONG Nation 30, Evening	Mon, Wed	5:10-5:45 p.m.	Zoom	Anna C.
Pink Gloves Boxing, Morning	Tues, Thurs	7:10-8:00 a.m.	Zoom	Caroline S.
STRONG Nation, Noon	Tues, Thurs	12:10-1:00 p.m.	Zoom	Han Y.

Dance Fitness & Instructional Dance – Get into the Groove; No Experience Necessary!

Class	Days	Time	Location	Instructor
Barre to the Beat	Monday	4:10-5:00 p.m.	Zoom	Katelyn S.
Zumba, Noon	Tues, Thurs	12:10-12:50 p.m.	Zoom	Jess W.
Zumba, Evening	Tues, Thurs	5:10-6:00 p.m.	Zoom	Brooke K.

Mobility & Flexibility (Mo-Flex) – Take Time to Recover!

Class	Days	Time	Location	Instructor
Mobility & Flexibility (Mo-Flex)	Tues, Thurs	6:10-6:40 p.m.	Zoom	Raymond H.

Mind/Body – Energize & Stabilize!

Class	Days	Time	Location	Instructor
Yoga, Gentle, Noon	Tues, Thurs	12:05-1:00 p.m.	Zoom	Deb P.
Yoga, Core	Sunday	4:10-5:00 p.m.	Zoom	Caroline S.

Small Group Training – Fitness with Friends!

Class	Days	Time	Location
Intro to At Home Fitness	Mon, Wed	5:45-6:45 p.m.	Zoom
Backpack Fitness	Tues, Thurs	2:00-3:00 p.m.	Zoom

Intro to At-Home Fitness: Designed for those who are new to working out, participants will learn how to develop fitness programs by practical application at home. After this course, participants will leave feeling confident in how to effectively create home-based workout routines with basic household items to increase fitness capacity.

Backpack Fitness: This course is designed for those looking for a way to complete resistance training at home with little to no equipment. Instead of barbells and dumbbells, we will use backpacks and those dusty textbooks we tend to buy and never use (just kidding...). Throughout this course participants will be introduced to various total body routines using an Every Minute On the Minute (EMOM) format.

Please note that SRC is the Student Recreation Center, while SFC is the Stephenson Fitness Center. The information and online activities presented in our fitness classes are to be used as a guideline only. If any of the exercises cause any pain or discomfort, stop the exercise immediately and consult your physician. We strongly encourage you to consult with a physician before participating in any physical activity.

Accessibility: University Recreation values providing programs and activities that are accessible. We are proud to provide equipment and programming that creates an inclusive environment and makes every reasonable effort to be accessible to everyone. Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene at 335-9669 for more information.

