

Summer 1 Group Fitness Schedule

May 13—June 21

Pearson McGonigle Hall —1800 North Broad Street

Monday

Tuesday

Wednesday

Thursday

Friday

12:00-12:50pm Flow Yoga Becka	12:00-12:50pm Power Yoga Emily	12:00-12:50pm Power Yoga Georgia	12:00-12:50pm Gentle Yoga Brigitte	12:00-12:50pm Body Weight Boot Camp Isabella
5:30-6:20pm Body Weight Boot Camp Lauren	5:30-6:20pm Zumba Rachel	5:30-6:20pm Body Weight Boot Camp Mackenzie	5:30-6:20pm Power Yoga Mervin	
6:30-7:20pm Hip Hop Mackenzie	6:30-7:20pm Gentle Yoga Maya	6:30-7:20pm Hip Hop Mackenzie	6:30-7:20pm Body Weight Boot Camp Amanda	



Group Fitness Session Descriptions

Body Weight Boot Camp	Expect the unexpected in this high intensity session that mixes strength, cardio, agility, intervals, and more. Modifications provided so anyone can get an awesome workout. Get ready to sweat!
Flow Yoga	Engage in a mind-body connection through this moving meditation, designed to pair breath to movement patterns and specific poses. New and seasoned practitioners can find alignment, movement, strength, and mindfulness in this intentionally flowing, Vinyasa-based yoga practice.
Gentle Yoga	Intended relieve stress, calm the mind, and enhance flexibility, relax with this gentle, accessible practice. A wonderful complement or introduction to more vigorous practices, learn to be present in the moment while allowing your body and mind the space needed to relieve tension and stress through this gentle, accessible practice. Props will be used, and supported poses may be held for longer to allow the deep muscle tissue to fully relax.
Hip Hop	A fun filled, action packed, choreographed dance session set to hip hop songs!
Power Yoga	This Vinyasa based practice of yoga links breath with movement and is done at a faster pace than traditional Hatha yoga sessions.
Zumba	An exciting hour of dancing that fuses Latin rhythms and easy-to-follow moves to create a party like no other!

Important Dates

May 27

Sessions cancelled due to Memorial Day holiday

June 17

Summer 2 Schedule Available

June 24

Summer 2 Schedule Starts

August 8

Summer 2 Schedule Ends

Info to Know

ALL Group Fitness sessions will take place in

Pearson Hall—Room 101

for the entirety of the summer, while the IBC Student Rec Center is getting renovated. Locker facilities are located in the basement of Pearson Hall. Please direct any questions to Assistant Director, Anthony Alongi (Anthony.alongi@temple.edu)

Campus Recreation reserves the right to change or cancel any session due to low attendance or other unforeseen circumstances

