

2021 Fall 1 Group Fitness Schedule (September 7–October 17)

IBC Student Recreation Center 1701 N. 15th St



Must have Rec Access

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FLOW YOGA HANA 8:00-8:50AM	CYCLING LAUREL 7:00-7:50AM	CYCLING ALLISON 7:00-7:50AM	HITT EMILY 7:15-7:45AM	CYCLING ALLISON 12:00-12:50PM	
BOOTCAMP ANN 12:30-1:20PM	HITT EMILY 7:15-7:45AM	BOOTCAMP EMILY 9:00-9:50AM	CYCLING MATT 12:00-12:50PM		
CYCLING ALLISON 5:30-6:20PM	ZUMBA LEXIS 8:00-8:50AM	HIIT ANN 12:00-12:30PM	POWER YOGA HANA 5:00-5:50PM		
ZUMBA RACHEL 6:00-6:50PM	CYCLING MATT 12:00-12:50PM	CORE AND MORE ANN 12:45-1:15PM	CYCLING LAUREL 5:30-6:20PM		Sunday
	ZUMBA LAUREN 5:00-5:50PM	KARDIO KICK RON 4:00-4:50PM	ZUMBA RACHEL 6:00-6:50PM		CYCLING LAUREL 5:00-5:50PM
	CYCLING ANN 6:00-6:50PM	CYCLING AUDREY 5:30-6:20PM			
		ZUMBA LEXIS 6:00-6:50PM			



Group Fitness Session attendance is determined on a first come, first serve basis. Ticket reservations are used for all sessions. Ticket reservations begin 30 minutes prior to the start of a session.

Note: No sessions on 9/6/2021

Group Fitness Session Descriptions

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!

Core & More

The core consists of all the muscles from shoulders and knees, front and back of the body: Come strengthen this powerhouse in this 30-minute session.

Cycling

This 50 minute session includes 40 minutes of rigorous cardiovascular training using an indoor cycling bike, 5 minutes of setup and a 5 minute stretch. **Space is limited to 30 individuals**, so arrive early and don't forget your water bottle and towel!

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 practice.

HIIT

(High Intensity Interval Training) A 30-minute interval-based session that combines cardio bursts with full body strength exercises to keep your heart rate elevated during your entire workout. This session will push you to your limits!

Kardio Kick

An intense cardiovascular workout utilizing the latest in kickboxing and cross-training techniques.

Power Yoga

Get ready to break a sweat with this dynamic, powerful practice intended to promote focus and boost energy levels through connection of breath and movement. Poses are often held for longer durations, to build strength. Flows are often taken at a faster pace to build heat.

Zumba

An exciting session of dancing that fuses Latin rhythms and easy-to-follow moves to create a party like no other!



- Cardio, Strength, Cycling, and Mind/Body sessions will take place on the second floor of the Independence Blue Cross Student Recreation Center (1701 N. 15th St.).
- Group Fitness sessions are open to all students and employees of Temple University who have paid the Campus Recreation Fee.
- No entry to a session is permitted more than five (5) minutes after the start of any session.
- Campus Recreation reserves the right to change or cancel any session due to low attendance or other unforeseen circumstances.
- For more information regarding Group Fitness please contact the Fitness Coordinator, Ann Rejrat at 215-204-1515 or annrejrat@temple.edu.