



SPRING GROUP EXERCISE SCHEDULE



Monday April 1 - Sunday June 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8AM PILATES Karen 218	7:15-8AM SPIN Karena 216	8-9AM PILATES Karen 218	12-12:30PM CORE Johanna 218	7:15-8AM SPIN Karena 216	9-10AM **VINYASA YOGA Rotating 216	10:30-11:30AM ZUMBA Hannah 218
4:15-5:00PM SPIN Alexis 216	12-12:30PM CORE Johanna 218	12-12:30PM LM CORE Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218	4:00-5:00PM ZUMBA Pri 216	10-11AM **PILATES Karen 218	
5:30-6:30PM BODYCOMBAT Angela 216	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	1:45-2:45PM VINYASA YOGA India 216	4:30-5:30PM BODYPUMP Penina 218	10:30-11:15AM **SPIN Karena 216	
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218	1:45-2:45PM VINYASA YOGA India 216	4:00-5:00PM ZUMBA Pri 216	4:45-5:30PM CARDIO DANCE Lindsey 216	5:45-6:30PM SPIN Alexis 216		
6:30-7PM LM CORE Jeffrey 218	5:30-6:30PM BODYPUMP Angela 218	5:30-6:30PM BODYCOMBAT Melanie 218	5:30-6:30PM BODYPUMP Rotating 218			
	5:45-6:45PM BODYCOMBAT Frank 216	5:45-6:30PM SPIN Alexis 216	5:45-6:45PM BODYCOMBAT Frank 216			
		6:45-7:45PM VINYASA YOGA Caraleigh 216	7:00-8:00PM ZUMBA Hannah 218			
		6:45-7:45PM BODYPUMP Penina 218				

Register for group exercise classes online at reccenter.drexel.edu or the Drexel Rec app

We will not hold classes on Memorial Day: Monday May 27th

**Vinyasa Yoga: 5/18, 6/1, 6/8

**Spin: 5/4, 6/8

**Pilates: 4/13, 5/4, 5/11, 6/8