



FALL GROUP EXERCISE SCHEDULE



Monday September 23 - Saturday December 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45AM SPIN Karena 216	8:00-9:00AM ALL LEVELS ASHTANGA FLOW India 216	8:00-9:00AM PILATES Karen 216	8:00-9:00AM ALL LEVELS ASHTANGA FLOW India 216	7:30-8:30AM VINYASA YOGA Colette 216	9:15-10:00AM SPIN Karena 216	10:30-11:30AM *ZUMBA Pri 218
7:00-8:00AM ALL LEVELS ASHTANGA FLOW India 218	9:00-9:45AM ZUMBA Maria 218	9:00-10:00AM VINYASA YOGA Caraleigh 218	9:00-9:45AM ZUMBA Maria 218	6:00-7:00PM *SLOW FLOW YOGA Morgan 216	10:30-11:30AM *VINYASA YOGA Morgan 218	
8:00-9:00AM PILATES Karen 216	12:00-12:30PM CORE Johanna 218	12:00-12:30PM LM CORE Johanna 218	12:00-12:30PM CORE Johanna 218		*11:00-12:00PM PILATES Karen 216	
5:30-6:30PM BODYCOMBAT Angela 216	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218			
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218	5:30-6:30PM BODYPUMP Angela 218	5:30-6:30PM BODYCOMBAT Melanie 218	5:45-6:45PM BODYCOMBAT Frank 216			
6:30-7:00PM LM CORE Jeffrey 218	5:45-6:45PM BODYCOMBAT Frank 216	5:30-6:30PM 50/50 YOGA Colette 216	6:00-7:00PM ZUMBA Pri 218			
			7:00-8:00PM VINYASA YOGA Caraleigh 216			

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

Please note - there will be no classes on the following dates: 10/14, 11/27, 11/28, 11/29

Slow Flow Yoga: 10/11, 11/15, 12/13

Spin Saturday: 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/7, 12/14

Vinyasa Yoga Saturday: 10/19, 11/2, 12/7

Pilates Saturday: 11/2

Zumba Sunday: 9/29, 10/13, 11/3, 11/17

