



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 MAT PILATES Karen 216	8:00-9:00AM ALL LEVELS ASHTANGA FLOW India 216	6:00-7:00PM **SLOW FLOW YOGA Morgan 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		10:30-11:30AM **VINYASA YOGA Morgan 218	
8:00-9:00AM MAT 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		10:00-11:00AM **MAT 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 VINYASA YOGA Cassie 216	6:00-7:00PM ZUMBA Pri 218			
	6:45-7:45PM VINYASA YOGA Cassie 218		7:00-8:00PM VINYASA YOGA Caraleigh 216			

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

- *Slow Flow Yoga: 10/11, 11/15, 12/13
- *Spin Saturday: 10/12, 10/26, 11/9, 11/23, 12/7, 12/14
- *Vinyasa Yoga Saturday: 10/19, 11/2, 12/7
- *Mat Pilates Saturday: 10/19, 11/2, 11/9
- *Zumba Sunday: 10/13, 11/3, 11/17

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

