



SUMMER GROUP EXERCISE SCHEDULE



Monday June 24 - Saturday August 31

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

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

*Slow Flow Yoga Friday: 8/2, 8/23 only

*Slow Flow Yoga Saturday: 7/20 only

*Pilates: 7/13, 7/27, 8/3, 8/24 only

*Zumba: 6/30, 7/7, 7/21, 8/4 only

