



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	4:45-5:30PM CARDIO DANCE Lindsey 216			
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218	5:30-6:30PM BODYPUMP Angela 218	12:30-1:30PM BODYCOMBAT Johanna 218	5:30-6:30PM ZUMBA Pri 218			
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

