




GROUP EXERCISE

SPRING 2025
JANUARY 20 - MAY 2
WEEKLY CLASSES




AKRON
REC & WELLNESS

*All classes are in studio A at the SRWC




Monday

-  SUNRISE YOGA | 7AM - 7:45AM
-  LUNCH CRUNCH | 12PM - 12:45PM
-  MEDITATION & REIKI | 7PM - 8PM

Tuesday

-  INDOOR CYCLING | 12PM - 12:45PM
-  ALL LEVELS POWER YOGA FLOW | 6:30PM-7:15PM
-  RELAX & RESTORE YOGA FLOW | 7:30PM - 8:15PM

Wednesday

-  LUNCH CRUNCH | 12PM - 12:45PM
-  INDOOR CYCLING | 5:30PM - 6:15PM
-  ALL LEVELS POWER YOGA FLOW | 7:15PM - 8PM

Thursday

-  INDOOR CYCLING | 12PM - 12:45PM
-  INDOOR CYCLING | 5:15PM - 6PM
-  POWER AFTER HOURS | 8:15PM - 9PM

Saturday

-  POWER BODY | 9:30AM - 10:30AM



MORE INFO
uakron.edu/rec

 Join our Notification list through the [Remind](#) App for the most up to date changes



Text "@srwcgrpx" to the number [81010](tel:81010)