

Group Exercise

Winter Break

TUESDAY

17

DECEMBER

Indoor Cycling | Studio A



12:00pm - 12:45pm

All Levels Power Yoga Flow | Studio A



6:30pm - 7:15pm

Relax & Restore Yoga Flow | Studio A



7:30pm - 8:15pm

WEDNESDAY

18

DECEMBER

All Levels Power Yoga Flow | Studio A



7:15pm - 8:00pm

THURSDAY

19

DECEMBER

Indoor Cycling | Studio A



12:00pm - 12:45pm

Meditation & Reiki | Studio B



12:00pm - 1:00pm

THURSDAY

2

Indoor Cycling | Studio A



12:00pm - 12:45pm

*Classes are open to SRWC Members.
Visit uakron.edu/rec for more information*

