



# GROUP EXERCISE CLASSES SPRING 2024

**RICE  
REC**

## MONDAY

**CYCLING**  
8 AM - 8:45 AM  
MPR1

**OWL PUMP**  
12 PM - 12:45 PM  
MPR1

**YOGA FLOW**  
12 PM - 12:45 PM  
MPR2

**TOTAL ACTIVATION**  
5:30 PM - 6:25 PM  
MPR1

**BEGINNERS FLOW**  
6:30 PM - 7:25 PM  
MPR2

## TUESDAY

**POWER YOGA**  
12 PM - 12:45 PM  
MPR2

**OWL PUMP**  
5:30 PM - 6:25 PM  
MPR1

**BOX & BURN**  
5:30 PM - 6:25 PM  
MPR2

**YOGA FLOW**  
6:30 PM - 7:25 PM  
MPR2

## AQUA CLASSES

**WATER AEROBICS**  
11 AM - 11:50 AM  
LAP POOL

## WEDNESDAY

**OWL PUMP**  
12 PM - 12:45 PM  
MPR1

**GENTLE FLOW YOGA**  
12 PM - 12:45 PM  
MPR2

**CYCLING**  
5:30 PM - 6:25 PM  
MPR1

**YOGA FLOW**  
5:30 PM - 6:25 PM  
MPR2

## THURSDAY

**STEP UP & TONE**  
12 PM - 12:45 PM  
MPR1

**POWER YOGA**  
12 PM - 12:45 PM  
MPR2

**OWL PUMP**  
5:30 PM - 6:25 PM  
MPR1

**BOX & BURN**  
6:30 PM - 7:25 PM  
MPR2

## AQUA CLASSES

**WATER AEROBICS**  
11 AM - 11:50 AM  
LAP POOL

## FRIDAY

**CYCLING**  
12:00 PM - 12:45 PM  
MPR1

**PILATES**  
12 PM - 12:45 PM  
MPR2

**POWER YOGA**  
6:30 PM - 7:25 PM  
MPR2

ALL OF OUR CLASSES ARE FREE!

VISIT [RECREATION.RICE.EDU/GEC](https://recreation.rice.edu/gec)  
TO LEARN MORE ABOUT CLASSES.



SPRING SCHEDULE RUNS JAN. 4 - MAY 10

CLASSES WILL NOT BE HELD:  
JAN. 15; MARCH 11 - MARCH 15