GROUP EXERCISE CLASSES
FALL 2023

MONDAY
- TABATA CARDIO 7 AM - 7:45 AM MPR1
- OWL PUMP 12 PM - 12:45 PM MPR1
- YOGA FLOW 12 PM - 12:45 PM MPR2
- CYCLING 5:30 PM - 6:25 PM MPR1
- TOTAL ACTIVATION 5:30 PM - 6:25 PM MPR2
- BEGINNERS FLOW 6:30 PM - 7:25 PM MPR2

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

WEDNESDAY
- TABATA CARDIO 7 AM - 7:45 AM MPR1
- 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
- ZUMBA 6:30 PM - 7:25 PM MPR2

THURSDAY
- WATER AEROBICS 11 AM - 11:50 AM LAP POOL
- OWL PUMP 12 PM - 12:45 PM MPR1
- TOTAL ACTIVATION 12 PM - 12:45 PM MPR1
- POWER YOGA 12 PM - 12:45 PM MPR2
- AQUA ZUMBA 5 PM - 5:55 PM REC POOL
- OWL PUMP 5:30 PM - 6:25 PM MPR1
- TABATA CARDIO 5:30 PM - 6:25 PM MPR2
- BOX & BURN 6:30 PM - 7:25 PM MPR2

FRIDAY
- PILATES 12 PM - 12:45 PM MPR2
- CYCLING 12:15 PM - 1:00 PM MPR1
- BOOTCAMP 5:30 PM - 6:25 PM MPR1
- POWER YOGA 6:30 PM - 7:25 PM MPR2

ALL OF OUR CLASSES ARE FREE!
VISIT RECREATION.RICE.EDU/GECLASS TO LEARN MORE ABOUT CLASSES.
FALL SCHEDULE RUNS AUG. 21 - DEC. 15
CLASSES WILL NOT BE HELD:
SEPT. 4; NOV. 22 - NOV. 24