GROUP EXERCISE CLASSES
SPRING 2024

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
TOTAL ACTIVATION
5:30 PM - 6:25 PM
MPR1
MOVEMENT
AS MEDICINE
5:30 PM - 6:25 PM
MPR2
BEGINNERS FLOW
6:30 PM - 7:25 PM
MPR2

AQUA CLASSES
WATER AEROBICS
11 AM - 11:50 AM
LAP POOL

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

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
TABATA CARDIO
5:30 PM - 6:25 PM
MPR2
BOX & BURN
6:30 PM - 7:25 PM
MPR2

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

AQUA CLASSES
WATER AEROBICS
11 AM - 11:50 AM
LAP POOL

ALL OF OUR CLASSES ARE FREE!
VISIT 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