

# RICE RECREATION CENTER - SUMMER 2022

## GROUP EXERCISE CLASSES

|                  | MON                     | TUES                    | WED   | THURS                   | FRI                  |
|------------------|-------------------------|-------------------------|---|-------------------------|----------------------|
| 6:00 - 6:45 AM   |                         | BOOT CAMP (MPR1)        |   | BOOT CAMP (MPR1)        |                      |
| 7:00 - 7:45 AM   | TABATA CARDIO (MPR1)    | TOTAL ACTIVATION (MPR1) | TABATA CARDIO (MPR1)  | TOTAL ACTIVATION (MPR1) | TABATA CARDIO (MPR1) |
| 12:00 - 12:45 PM | OWL PUMP (MPR1)         |                         | OWL PUMP (MPR1)   | STEP & SCULPT (MPR1)    | TABATA CARDIO (MPR1) |
|                  | GENTLE FLOW YOGA (MPR3) | POWER YOGA (MPR3)       | BARRE (MPR3)  | POWER YOGA (MPR3)       | PILATES (MPR3)       |
| 5:30 - 6:25 PM   | YOGA FLOW (MPR3)        | OWL PUMP (MPR1)         | YOGA FLOW (MPR3)  | OWL PUMP (MPR1)         |                      |
|                  |                         |                         |   | ZUMBA (MPR3)            |                      |
| 6:30 - 7:25 PM   | BEGINNERS FLOW (MPR3)   |                         | SUMMER SCHEDULE RUNS MAY 31 - AUGUST 5<br>CLASSES WILL NOT BE HELD: JULY 4 - JULY 8 |                         |                      |

ALL OF OUR GROUP EXERCISE CLASSES ARE FREE!

ALL CLASSES ARE HELD IN MPR 1 & MPR3

VISIT  
RECREATION.RICE.EDU/GEC  
TO LEARN MORE ABOUT  
OUR CLASSES

