

RICE RECREATION CENTER - FALL 2022
GROUP EXERCISE CLASSES

| | MON | TUES | WED | THURS | FRI |
|-------------------------|-----------------------------------|-------------------------------------|-----------------------------------|------------------------------------|--------------------------------|
| 7:00 - 7:45 AM | TABATA CARDIO (MPR1) | TOTAL ACTIVATION (MPR1) | TABATA CARDIO (MPR1) | TOTAL ACTIVATION (MPR1) | TABATA CARDIO (MPR1) |
| 11:00 - 11:50 AM | | WATER AEROBICS (LAP POOL) | | | |
| 12:00 - 12:45 PM | OWL PUMP (MPR1) | CYCLING (MPR1) | OWL PUMP (MPR1) | STEP & SCULPT (MPR1) | CYCLING (MPR1) |
| | GENTLE FLOW YOGA (MPR2) | POWER YOGA (MPR2) | GENTLE FLOW YOGA (MPR2) | POWER YOGA (MPR2) | PILATES (MPR2) |
| 5:30 - 6:25 PM | CYCLING (MPR1) | OWL PUMP (MPR1) | ZUMBA (MPR1) | OWL PUMP (MPR1) | |
| | TOTAL ACTIVATION (MPR2) | YOGA FLOW (MPR2) | YOGA FLOW (MPR2) | TABATA CARDIO (MPR2) | |
| 6:30 - 7:25 PM | BEGINNERS FLOW (MPR2) | | CYCLING (MPR1) | BOOTCAMP (MPR1) | POWER YOGA (MPR2) |

FALL SCHEDULE RUNS AUG. 22 - DEC. 16

CLASSES WILL NOT BE HELD:
 SEPT. 5, OCT. 10 - 11, NOV. 21 - 25

ALL OF OUR CLASSES ARE FREE!

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

