

RICE RECREATION CENTER - SPRING 2023
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 & WEIGHTS (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)		CYCLING (MPR1)	OWL PUMP (MPR1)	BOOTCAMP (MPR1)
	TOTAL ACTIVATION (MPR2)	BOX & BURN (MPR2)		YOGA FLOW (MPR2)	TABATA CARDIO (MPR2)	
6:30 - 7:25 PM	BEGINNERS FLOW (MPR2)	ZUMBA (MPR1)	POWER YOGA (MPR2)			POWER YOGA (MPR2)

SPRING SCHEDULE RUNS JAN. 9 - APR. 28
 CLASSES WILL NOT BE HELD:
 JAN. 16; MARCH 13 - MARCH 17

ALL OF OUR CLASSES ARE FREE!
 VISIT RECREATION.RICE.EDU/GEC TO
 LEARN MORE ABOUT OUR CLASSES.

