Group X classes are a great way to get all the exercise you need in a fun, motivational environment. They provide support, accountability, and structure, and ensure participants complete a well-rounded exercise routine from a certified instructor.

Attend unlimited classes by purchasing a Group X Pass at the SRC Welcome Desk. “After Work” Pass and Day Pass options available.

Free classes August 21 - 27.
Purchase a pass before August 28 and receive $5 off.
## MONDAY
- **Cycle**
  - 9:30 - 10:20 AM | A | Whitney

- **Barre**
  - Noon - 12:45 PM | A | Cassandra

- **Cycle**
  - 5:30 - 6:30 PM | A | Demetria

- **Zumba®**
  - 5:45 - 6:45 PM | B | Eboni

- **Aqua Zumba®**
  - 6:00 - 6:45 PM | Pool | DeeDee

- **POUND®**
  - 7:00 - 7:45 PM | A | Nancy

- **Total Body Tone**
  - 7:00 - 8:00 PM | B | Abby

- **TurboKick®**
  - 8:00 - 8:45 PM | A | Alexis

- **Zumba®**
  - 8:15 - 9:00 PM | B | Kelsey

- **Late Night Yoga & Breathing**
  - 9:15 - 10:00 PM | B | Hayley

## TUESDAY
- **Yoga & Meditation**
  - 9:30 - 10:20 AM | B | Rachel

- **BODYPUMP™**
  - Noon - 12:45 PM | B | Karyn

- **Barre**
  - 5:30 - 6:30 PM | A | Cassandra

- **BODYPUMP™**
  - 5:45 - 6:45 PM | B | Adrienne

- **WERO® Dance Fitness**
  - 7:00 - 7:45 PM | B | Claire

- **Cycle & Core**
  - 7:00 - 8:00 PM | A | Adrienne

- **Dynamic Yoga**
  - 8:00 - 9:00 PM | B | Hayley

- **Late Night Kickboxing & Core**
  - 9:15 - 10:00 PM | A | Alexis

## WEDNESDAY
- **Cycle**
  - 9:30 - 10:20 AM | A | Whitney

- **Cycle Circuits**
  - Noon - 12:45 PM | A | Adrienne

- **Step & Tone**
  - 5:30 - 6:15 PM | B | Sheila

- **BODYPUMP™**
  - 5:45 - 6:45 PM | A | Demetria

- **Aqua Fit**
  - 6:00 - 6:45 PM | Pool | Callie

- **POUND®**
  - 7:00 - 7:45 PM | A | Nancy

- **Total Body Tone**
  - 7:00 - 8:00 PM | B | Abby

- **Late Night Zumba®**
  - 9:15 - 10:00 PM | B | Eboni

## THURSDAY
- **Yoga & Meditation**
  - 9:30 - 10:20 AM | B | Rachel

- **BODYPUMP™**
  - Noon - 12:45 PM | B | Karyn

- **Zumba®**
  - 5:30 - 6:30 PM | A | Cassandra

- **BODYPUMP™**
  - 5:45 - 6:45 PM | B | Adrienne

- **Hip Hop Fitness**
  - 7:00 - 7:45 PM | A | Adrienne

- **Yoga**
  - 7:00 - 7:45 PM | B | Maria

- **Late Night Barre**
  - 9:15 - 10:00 PM | A | Cassandra

## FRIDAY
- **Zumba®**
  - 9:30 - 10:20 AM | B | Kelsey

- **Buti Yoga**
  - Noon - 12:45 PM | B | Claire

- **TRX® Cardio Core Circuits**
  - Noon - 12:45 PM | TRX Training Zone | Karyn

## SATURDAY
- **Yoga**
  - 11:00 - 11:45 AM | B | Maria

- **Zumba®**
  - Noon - 12:45 PM | B | Sonia

## SUNDAY
- **Cycle**
  - 5:00 - 6:00 PM | A | Demetria

- **Zumba®**
  - 6:15 - 7:00 PM | B | Callie

## Unlimited Class Pass

<table>
<thead>
<tr>
<th>Semester</th>
<th>Academic Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>BGSU Student/SRC Member</td>
<td>$50</td>
</tr>
<tr>
<td>BGSU Faculty/Staff/Retiree/Alumni</td>
<td>$66</td>
</tr>
<tr>
<td>SRC Non-Member</td>
<td>$35</td>
</tr>
<tr>
<td>“After Work” Eligible to attend classes starting between 5 - 6 PM</td>
<td>$40</td>
</tr>
</tbody>
</table>

Day Pass: $5

**NO CLASSES:** September 2 - 4 (Labor Day), October 9 - 10 (Fall Break), November 10 (Veteran’s Day), November 22 - 25 (Thanksgiving Break)

All classes are first come, first serve. Limitations are based on room size and/or equipment availability. Complete list of class descriptions and special events available online. Patrons and guests with disabilities are requested to indicate if special services, assistance, or appropriate modifications are needed to fully participate. Contact Accessibility Services at access@bgsu.edu or 419.372.8495 prior to the program or event.

fitness@bgsu.edu | www.bgsu.edu/recwell | 419.372.2000