

# GROUP EXERCISE

FALL 2018 | AUGUST 27 - DECEMBER 9



**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. Day passes and after work (classes beginning between 5 and 6 PM) options also available.

- Free classes August 27 - September 2 and December 10 - 14
- Purchase a pass before Monday, September 3 and receive \$5 off
- No classes Monday, September 3 (Labor Day) and Monday, November 12 (Veterans' Day)
- No classes November 21 - 24 (Thanksgiving Break)

All classes are first come, first serve. Schedule and instructors are subject to change. View website for updates, class descriptions, and special events. Limitations are based on room size and/or equipment availability.

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](mailto:access@bgsu.edu) or 419.372.8495 prior to the program or event.

[bgsu.edu/recwell/falcon-fitness](http://bgsu.edu/recwell/falcon-fitness) | 419.372.2000 | [fitness@bgsu.edu](mailto:fitness@bgsu.edu)

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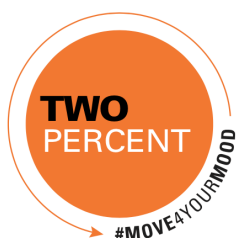
DIVISION OF STUDENT AFFAIRS  
Recreation  
and Wellness

BOWLING GREEN STATE UNIVERSITY

# CLASS SCHEDULE

FALL 2018: 8/27 - 12/9 | CLASSES @ SRC STUDIOS AND COOPER POOL

<b>MONDAY</b>	<b>TUESDAY</b>
<b>Cycle &amp; Core</b> 9:30 - 10:15 AM   A   Olivia	<b>Total Body Burn</b> 9:30 - 10:15 AM   B   Angie
<b>Cycle Circuits</b> Noon - 12:45 PM   A   Adrienne	<b>BODYPUMP™</b> Noon - 12:45 PM   B   Adrienne
<b>Zumba®</b> 5:45 - 6:45 PM   B   Anna	<b>BODYPUMP™</b> 5:30 - 6:30 PM   B   Rylee
<b>Aqua Zumba®</b> 6 - 6:45 PM   Pool   DeeDee	<b>WERQ® Dance Fitness</b> 6:45 - 7:30 PM   B   Claire
<b>POUND®</b> 7 - 7:45 PM   A   Nancy	<b>Cycle &amp; Core</b> 6:45 - 7:30 PM   A   Sarah
<b>Zumba®</b> 8 - 8:45 PM   B   Katie	<b>Yoga</b> 7:45 - 8:30 PM   B   Maria
<b>Late Night Yoga</b> 9:15 - 10 PM   B   Maria	<b>Total Body Burn</b> 7:45 - 8:30 PM   TRX Room   Abby
<b>WEDNESDAY</b>	<b>Zumba®</b> 8:15 - 9 PM   B   Tara
<b>Cycle &amp; Core</b> 9:30 - 10:15 AM   A   Olivia	<b>Late Night Cycle &amp; Core</b> 9:15 - 10 PM   A   Alexis
<b>TRX® Cardio Core Circuits</b> Noon - 12:45 PM   B   Karyn	<b>THURSDAY</b>
<b>Restorative Yoga</b> 5:45 - 6:45 PM   B   Rachel	<b>Total Body Burn</b> 9:30 - 10:15 AM   B   Abby
<b>Cycle</b> 5:45 - 6:45 PM   A   Demetria	<b>BODYPUMP™</b> Noon - 12:45 PM   B   Jodi
<b>Aqua Fit</b> 6 - 6:45 PM   Pool   Caroline	<b>BODYPUMP™</b> 5:30 - 6:30 PM   B   Demetria
<b>Zumba®</b> 7 - 7:45 PM   B   Nicole	<b>Turbokick®</b> 6:45 - 7:25 PM   B   Lindsey
<b>Kickbox &amp; Core</b> 8 - 8:45 PM   B   Alexis	<b>Total Body Burn</b> 6:45 - 7:30 PM   TRX Room   Lauren
<b>Late Night Zumba®</b> 9:15 - 10 PM   B   Kelsey	<b>Barre</b> 7:35 - 8:20 PM   B   Lindsey
<b>FRIDAY</b>	<b>Hip Hop Fitness</b> 8:30 - 9:15 PM   B   Kelsey
<b>Buti Yoga</b> Noon - 12:45 PM   B   Claire	<b>SUNDAY</b>
<b>SATURDAY</b>	<b>TRX® Cardio Core Circuits</b> 5 - 5:45 PM   TRX Room   Sarah
<b>Cycle &amp; Core</b> 10:30 - 11:30 AM   A   Sheila	<b>Zumba®</b> 5 - 5:45 PM   B   Tara
<b>Zumba®</b> 10:30 - 11:15 AM   B   Katie	<b>Yoga</b> 6 - 7 PM   B   Angie
<b>BODYPUMP™</b> 11:30 AM - 12:30 PM   B   Rylee	<b>Unlimited Class Pass</b>



**BGSU Student/SRC Member**  
\$55/Semester | \$95/Academic Year  
**BGSU Faculty/Staff/Retiree/Alumni**  
\$70/Semester | \$120/Academic Year  
**SRC Non-Member**  
\$100/Semester | \$170/Academic Year  
**After Work Pass:**  
\$40/Semester | \$75/Academic Year  
**One Day Class Pass:** \$5