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

Attend unlimited classes by purchasing a Group X pass.

- 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: Eligible to attend classes starting between 5-6 PM
- One Day Class Pass: $5

THRIVE is a campus-wide initiative focused on promoting the well-being of BGSU students, faculty and staff. THRIVE contribute to BGSU’s mission by equipping the community with the fundamental skills, resources, and support to lead productive and meaningful lives. Group X classes are one way through which you can THRIVE!

THRIVE promotes integrating the 8 dimensions of well-being:
- Physical
- Social
- Environmental
- Intellectual
- Emotional
- Spiritual
- Life-Design/Occupational
- Financial

There are 1,440 minutes in a day - dedicate 2% of yours to moving and enhancing your health and well-being!

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

No classes Monday, September 2 (Labor Day), Monday, November 11 (Veterans’ Day) and November 27 - 30 (Thanksgiving Break).

Learn More: Karyn Smith, Health Educator 419.372.9309 | karync@bgsu.edu

fall 2019 schedule

MONDAY
- SPRINT™ | 6:30 - 7 AM | Studio A | Les Mills Virtual
- BODYFLOW™ - Strength | 7:10 - 7:45 AM | Studio A | Les Mills Virtual
- Yoga Flow | 8:15 - 9 AM | Studio A | Theresa
- *GRIT - Cardio | Noon - 12:45 PM | Studio B | Les Mills Virtual
- Cycle & Core | 1 - 1:45 PM | Studio A | Sarah
- BODYPUMP™ | 5:30 - 6:30 PM | Studio B | Adrienne
- Aqua Fitness | 6 - 6:45 PM | Cooper Pool | Lindsey
- Total Body Burn | 7:45 - 8:30 PM | Studio B | Lauren
- Late Night Yoga | 9:15 - 10 PM | Studio B | Emily

TUESDAY
- Yoga | 8:15 - 9 AM | Studio B | Emily
- BODYPUMP™ | Noon - 12:45 PM | Studio B | Karyn
- Yoga Flow | 5:30 - 6:15 PM | Studio B | Rachel
- Cycle | 5:30 - 6:30 PM | Studio A | Demetria
- WERQ® Dance Fitness | 6:30 - 7:15 PM | Studio B | Claire
- Barre | 7:00 - 7:45 PM | Studio A | Lauren D.
- CXWORX™ (Core Strength) | 7:55 - 8:25 PM | Studio A | Les Mills Virtual

WEDNESDAY
- SPRINT™ | 6:30 - 7 AM | Studio A | Les Mills Virtual
- BODYFLOW™ - Strength | 7:10 - 7:45 AM | Studio A | Les Mills Virtual
- Yoga For All | 8 - 9 AM | Studio B | Amanda
- Cycle & Core | Noon - 12:45 PM | Studio A | Adrienne
- GRIT™ - Cardio | 1 - 1:45 PM | Studio B | Les Mills Virtual
- BODYPUMP™ | 5:30 - 6:30 PM | Studio B | Les Mills Virtual
- Aqua Zumba® | 6 - 6:45 PM | Cooper Pool | DeeDee
- Hip Hop Fitness | 6:45 - 7:30 PM | Studio A | Tara
- Total Body Burn | 7:45 - 8:30 PM | TRX Room | Corina
- Late Night Yoga | 9:15 - 10 PM | Studio B | Maria

THURSDAY
- Yoga | 8:15 - 9 AM | Studio B | Emily
- BODYPUMP™ | Noon - 12:45 PM | Studio B | Jodi
- Restorative Yoga | 5:30 - 6:30 PM | Studio B | Rachel
- Zumba® Step & Toning | 5:45 - 6:45 PM | Studio A | DeeDee
- Cycle Circuits | 7 - 7:45 PM | Studio A | Lauren D.

FRIDAY
- BODYFLOW™ | 9:30 - 10:30 AM | Studio B | Les Mills Virtual
- Buti® Yoga | Noon - 12:45 PM | Studio B | Claire
- HIIT | Noon - 12:45 PM | Studio A | Spencer
- Zumba® | 5:30 - 6:30 PM | Studio B | Crystal

SATURDAY
- BODYPUMP™ | 10:30 - 11:30 AM | Studio B | Les Mills Virtual
- BODYFLOW™ | 11:40 AM - 12:40 PM | Studio B | Les Mills Virtual

SUNDAY
- TRX HIIT | 5 - 5:45 PM | TRX Room | Sarah
- Hip Hop Fitness | 5 - 5:45 PM | Studio B | Janae
- Yoga | 6 - 6:45 PM | Studio B | Corina

FREE THRIVE Mindful Moments
- A quiet, relaxing environment open to all. Drop-in anytime.
- September 9 - December 8: Weekly in Studio B
- Mondays: 3 - 5 PM | Wednesdays: 7 - 9 PM | Fridays: 1 - 3 PM

*GRIT Virtual classes are advanced High-Intensity Interval Training (HIIT) workouts and not recommended for beginners.

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 419.372.9495 prior to the program or event.