

Group Exercise

Winter 2017 Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Morning	HIIT 6:30-7am COCO RM 218	CYCLE 45 6:30-7:15am CHRISTINA RM 216		BODYPUMP™ Express 6:30-7:15am KAREN RM 218		CYCLE 45 6:30-7:15am EMILY RM 216		BODYPUMP™ Express 6:30-7:15am YINLE RM 218		
	FOAM ROLLING 7-7:30am COCO RM 218									
Afternoon	BODYPUMP™ Express 12-12:45pm LAUREN RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218		CORE CONDITIONING 12-12:30pm JOHANNA RM 218		CORE CONDITIONING 12-12:30pm JOHANNA RM 218		BODYPUMP™ Express 12-12:45pm LILLY RM 218		
	BARRE 12-1pm LESLIE RM 216	CYCLE 45 12-12:45pm BORA RM 216		VINYASA YOGA 12-12:45pm RAQUEL RM 216		CYCLE 45 12-12:45pm LAUREN RM 216		VINYASA YOGA 12-12:45pm ELISE RM 216		
		CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218		BODYCOMBAT™ 12:30-1:30pm JOHANNA RM 218		CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218				
	PILATES 3-4pm JALEN RM 216	PILATES 1-2pm GABRIELA RM 216								
Evening	CYCLE 45 4:30-5:15pm KATIE RM 216	BARRE 5-6pm KATHRYN RM 216		CYCLE 45 4-4:45pm BORA RM 216		CYCLE 45 4-4:45pm KAYLEY RM 216		BODYCOMBAT™ 4:30-5:30pm HANNAH RM 216		
	BODYPUMP™ 5:30-6:30pm NICOLE RM 218	BODYCOMBAT™ 5:30-6:30pm RACHEL RM 218		BODYPUMP™ 4:30-5:30pm LILLY RM 218		BARRE 5-6pm KATHRYN RM 216		BODYPUMP™ 5:30-6:30pm IAN RM 218		
	CYCLE 45 5:30-6:15pm KAYLEY RM 216	CYCLE 45 6:15-7pm EMILY RM 216		CYCLE 45 5-5:45pm EMILY RM 216		CARDIO STEP 5-6pm LIN RM 218		BARRE 5:45-6:45pm ERIN RM 216		
	ZUMBA 6:30-7:30pm MICHELLE RM 216	HIIT 6:30-7:15pm COLLEEN RM 218		BODYCOMBAT™ 6-7pm APRIL RM 218		ZUMBA 6-7pm ALICE RM 218				
	YOGA SCULPT 7-8pm PEGGY RM 218	POWER YOGA 7:15-8:15pm PEGGY RM 216		VINYASA YOGA 6:30-7:30pm ASHLEY RM 216		CYCLE 45 6:15-7pm LILLY RM 216				
	BODYCOMBAT™ 8-9pm HANNAH RM 216	BODYPUMP™ 7:30-8:30pm NICOLE RM 218		ZUMBA 7:15-8:15pm MICHELLE RM 218		BODYPUMP™ 7:15-8:15pm IAN RM 218				

SATURDAY	
BODYCOMBAT™ 10:30-11:30am LIN RM 216	HATHA YOGA 11-12pm MARNA RM 218

SUNDAY	
YOGA 5-6pm GRETCHEN RM 218	ZUMBA 6-7pm AVERY RM 216

Monday, January 9th, 2017 - Monday, March 20th 2017

*No classes on January 16th, 2017 (University Holiday)



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Group Exercise

Class Descriptions

BODYPUMP

This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls. Great music, awesome instructors, and your choice of weight inspire you to get the results you came for (BODYPUMP EXPRESS is a 45-minute class).

BODYCOMBAT

BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, & muay thai.

CARDIO 'N' TONE

This is the ultimate cross-training class that will maximize the amount of calories burned by performing basic, yet challenging athletic type moves that will raise and lower your heart rate.

CARDIO STEP

Step class combines 3-4 combos on an adjustable step while providing a background in the basic components of step movements and terminology. Have fun listening to music and bringing your cardiovascular workout to new heights!

CORE CONDITIONING

An intense 30-minute workout designed to strengthen your core muscles.

CYCLING (45 or 60 Minutes)

The multi-terrain cycling ride is designed to develop skills and improve performance. This workout will focus on increasing aerobic and muscular endurance by encouraging fast pace as the instructor guides you through runs, jumps, intervals, sprints, and climbs.

ZUMBA

Zumba fuses hypnotic international rhythms and easy to follow dance moves to create a dynamic workout that will blow you away! Experience salsa, reggaeton, meringue, cha cha, belly dance, cumbia, and more. Come shake your booty with this one-hour aerobic dance party

BARRE

Barre is a fun, energetic workout that fuses techniques from Ballet, Pilates and Yoga that will tone, define and chisel the whole body. The class combines strengthening and flexibility exercises with an added cardiovascular element utilizing the ballet barre and set to the beat of the music. All levels can dance together with intensity options to tailor an optimum workout for each individual.

FOAM ROLLING

Foam rolling is an effective form of self-myofascial release. It helps loosen muscles and promote mobility and flexibility. Foam rolling can also help prevent pain and injury.

H.I.I.T.

High intensity total body aerobic and strength conditioning workout. This class uses weights, plyometrics, and body weight to tone your body and improve your endurance.

MAT PILATES

Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

YOGA

Vinyasa YOGA- yoga poses are linked fluidly but held long enough for the student to adjust to a healthy alignment and mental awareness. Power yoga- is a vigorous style of yoga that links poses at a faster pace than other types of yoga. It is a powerful and athletic practice, but still incorporates stretching and relaxation at the end of class!

YOGA SCULPT

A total body workout that is based in traditional yoga poses, but also incorporates light weights to tone and sculpt. Get ready to incorporate the best elements of cardio, weight training, and stretching into one upbeat class!



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