



# SUMMER GROUP EXERCISE SCHEDULE

MONDAY JUNE 23 - SATURDAY AUGUST 30 2025



| MONDAY                                            | TUESDAY                                           | WEDNESDAY                                  | THURSDAY                                          | FRIDAY                                          | SATURDAY                                     | SUNDAY                               |
|---------------------------------------------------|---------------------------------------------------|--------------------------------------------|---------------------------------------------------|-------------------------------------------------|----------------------------------------------|--------------------------------------|
| <b>MORNING</b>                                    |                                                   |                                            |                                                   |                                                 |                                              |                                      |
| 6:45-7:45AM<br>SPIN<br>Karena 216                 | 8:00-9:00AM<br>MAT PILATES<br>Karen 218           | 9:00-10:00AM<br>ASHTANGA YOGA<br>India 216 | 8:00-9:00AM<br>MAT PILATES<br>Karen 218           | 10:00-10:45AM<br>*SPIN<br>Alexis 216            | 9:15-10:15AM<br>*SPIN<br>Karena 216          | 10:30-11:30AM<br>ZUMBA<br>Hannah 218 |
| 9:00-10:00AM<br>ASHTANGA YOGA<br>India 216        |                                                   |                                            |                                                   | 11:30-12:15PM<br>*SPIN<br>Alexis 216            | 10:00-11:00AM<br>*MAT PILATES<br>Karen 218   |                                      |
|                                                   |                                                   |                                            |                                                   |                                                 | 10:30-11:30AM<br>*VINYASA YOGA<br>Morgan 216 |                                      |
| <b>AFTERNOON</b>                                  |                                                   |                                            |                                                   |                                                 |                                              |                                      |
|                                                   | 12:00-12:30PM<br>CORE<br>Johanna 218              | 12:00-12:30PM<br>CORE<br>Johanna 218       | 12:00-12:30PM<br>CORE<br>Johanna 218              |                                                 | 11:00-12:00PM<br>BODYPUMP<br>Lauren 218      |                                      |
|                                                   | 12:30-1:15PM<br>CARDIO<br>STRENGTH<br>Johanna 218 | 12:30-1:30PM<br>BODYCOMBAT<br>Johanna 218  | 12:30-1:15PM<br>CARDIO<br>STRENGTH<br>Johanna 218 |                                                 |                                              |                                      |
| <b>EVENING</b>                                    |                                                   |                                            |                                                   |                                                 |                                              |                                      |
| 5:30-6:30PM<br>BODYCOMBAT<br>Angela 216           | 5:30-6:30PM<br>BODYPUMP<br>Angela 218             | 5:00-6:00PM<br>VINYASA YOGA<br>Cassie 216  | 4:30-5:30PM<br>VINYASA YOGA<br>Cassie 216         | 6:00-7:00PM<br>*SLOW FLOW<br>YOGA<br>Morgan 216 |                                              |                                      |
| 5:30-6:15PM<br>BODYPUMP<br>EXPRESS<br>Jeffrey 218 | 5:45-6:45PM<br>BODYCOMBAT<br>Frank 216            | 5:30-6:30PM<br>BODYCOMBAT<br>Melanie 218   | 5:30-6:30PM<br>BODYPUMP<br>Nicole 218             |                                                 |                                              |                                      |
| 6:30-7:00PM<br>LM CORE<br>Jeffrey 218             | 6:45-7:45PM<br>ZUMBA<br>Hannah 218                | 6:15-7:15PM<br>*ZUMBA<br>Pri 216           | 5:45-6:45PM<br>BODYCOMBAT<br>Frank 216            |                                                 |                                              |                                      |
| 6:45-7:30PM<br>*SPIN<br>Alexis 216                |                                                   | 6:45-7:45PM<br>BODYPUMP<br>Penina 218      | 6:45-7:45PM<br>*ZUMBA<br>Pri 218                  |                                                 |                                              |                                      |

THE FOLLOWING CLASSES WILL TAKE PLACE ON THE SPECIFIED DAYS BELOW:

\*MONDAY SPIN: 6/23, 6/30, 7/7, 7/14, 7/21

\*WEDNESDAY ZUMBA: 6/25, 7/2, 7/9, 7/16, 7/23

\*THURSDAY ZUMBA: 7/31, 8/7, 8/14, 8/21, 8/28

\*FRIDAY SPIN: 8/1, 8/8, 8/15, 8/22, 8/29

\*FRIDAY SLOW FLOW: 6/27, 7/18, 8/1, 8/15

\*SATURDAY SPIN: 6/28, 7/19, 7/26, 8/9, 8/23, 9/6

\*SATURDAY MAT PILATES: 7/12, 7/26, 8/9

\*SATURDAY YOGA: 6/28, 7/19, 8/2, 8/16

REGISTER FOR CLASSES ONLINE AT [RECCENTER.DREXEL.EDU](https://reccenter.drexel.edu)