# SUMMER 1 GROUP EXERCISE SCHEDULE

No extra registration fee - Just drop in!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>9:00 AM</td>
<td></td>
<td><strong>Ultimate Stretch-45</strong>. Lori MS3</td>
<td><strong>Total Body Conditioning-60.</strong> Shellie MS3</td>
<td><strong>Ultimate Stretch-45.</strong> Anju MS3</td>
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<td><strong>Step I/II-45.</strong> Kelsey MS3</td>
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<td>10:00 AM</td>
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<td><strong>HIIT-30.</strong> Kelsey MS3</td>
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<td>4:30 PM</td>
<td>Slow Flow Yoga-60. Samantha MS3</td>
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<td>5:30 PM</td>
<td>Boot Camp-45. Jordan MS1</td>
<td><strong>Hip Hop Step-45.</strong> Noah MS3</td>
<td><strong>PIYO-45.</strong> Katie MS3</td>
<td><strong>Strength Core-45.</strong> Lori MS3</td>
<td>Restorative Yoga Flow-60. Tara MS3</td>
<td>5:30 PM</td>
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<td>6:00 PM</td>
<td>Boot Camp-45. Josh MS1</td>
<td><strong>Boot Camp-45.</strong> Josh MS1</td>
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<td>6:45 PM</td>
<td>Core-30. Sára MS3</td>
<td>Core-30. Jac MS1</td>
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**Sessions on this schedule are color coded as follows:**
- **Cardio**
- **Dance Fitness**
- **Flexibility & Strength**
- **Strength**
- **Strength & Cardio**

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**LEGEND:**
- CBAC - Counsilman/Billingsley Aquatic Center (SRSC)
- CF Studio - CycleFit Studio (SRSC)
- CS Studio - CircuitStrength Studio (SRSC)
- F/S - Faculty/Staff sessions
- HIIT - High Intensity Interval Training
- MS - Multi Sport Gym (SRSC)
- SPH - School of Public Health Building

**WANT TO SCHEDULE A PRIVATE SESSION?**
Contact Kayla Evans at kmrhodes@indiana.edu to schedule a private session for you and your friends!

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ALL YOU NEED TO PARTICIPATE IS YOUR IU STUDENT ID OR RS MEMBERSHIP CARD!

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**Check out our water sessions at the IURS Outdoor Pool!**

- **Deep Water Exercise:** M/W 8:15 - 9 PM
- **Shallow Water Exercise:** T/Th 12:15 - 1 PM
- Visit indiana.edu/~iuop for more info and pricing.
WHAT TYPE OF GROUP EX SESSION ARE YOU LOOKING FOR?

I'm Looking for...

 visit recsports.indiana.edu for session descriptions.