**SUMMER 2**
**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>
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<tr>
<td>12:15 PM</td>
<td><strong>F/S Strength Core-45, Katelyn. SPH171</strong></td>
<td><strong>F/S Step I-45, Madison. SPH171</strong></td>
<td><strong>F/S Strength Core-45, Katelyn. SPH171</strong></td>
<td><strong>F/S Cardio Kickboxing-45, Katie. SPH171</strong></td>
<td><strong>F/S Yoga-45, Anju. SPH171</strong></td>
<td>12:15 PM</td>
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<tr>
<td>4:30 PM</td>
<td><strong>Slow Flow Yoga-60, Samantha MS3</strong></td>
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<td>5:30 PM</td>
<td><strong>Step I-45, Noah. MS3</strong></td>
<td><strong>CircuitStrength-45, Melissa. CS Studio</strong></td>
<td><strong>BRO Flow-60, Samantha MS3</strong></td>
<td><strong>Strength Core-45, Josh. MS3</strong></td>
<td>Restorative Yoga Flow-60, Tara MS3</td>
<td>5:30 PM</td>
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<td>5:45 PM</td>
<td><strong>Barre to the Beat-45, Sara. MS3</strong></td>
<td><strong>F/S Deep Water Exercise-45, Tara CBAC</strong></td>
<td><strong>F/S Deep Water Exercise-45, Katelyn. CBAC</strong></td>
<td><strong>F/S Deep Water Exercise-45, Katelyn. CBAC</strong></td>
<td><strong>Cycle-45, Madison. CF Studio</strong></td>
<td>5:45 PM</td>
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<td>6:00 PM</td>
<td><strong>Boot Camp-45, Katie. MS1</strong></td>
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<td><strong>Hip Hop Step-45, Noah. MS1</strong></td>
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<td>6:30 PM</td>
<td><strong>HIIT-30, Jordan. MS3</strong></td>
<td><strong>Core-30, Madison. MS1</strong></td>
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<td>Barre to the Beat-45, Sara. MS3</td>
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<td>6:45 PM</td>
<td><strong>Core-30, Sara. MS3</strong></td>
<td><strong>Core-30, Madison. MS1</strong></td>
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<td>7:15 PM</td>
<td><strong>Cardio Kickboxing-45, Jordan. MS3</strong></td>
<td><strong>Ultimate Stretch-45, Tara MS3</strong></td>
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Sessions on this schedule are color coded as follows:
- **Cardio**
- **Dance Fitness**
- **Flexibility & Strength**
- **Strength**
- **Strength & Cardio**

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.

**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!
WHAT TYPE OF GROUP EX SESSION ARE YOU LOOKING FOR?

DANCE FITNESS
- Zumba
- Hip Hop Step

FLEXIBILITY & STRENGTH
- Pilates
- Ultimate Stretch
- Mind Body Strength

I’m Looking for...

STRENGTH & CARDIO
- Boot Camp
- Cardio Core
- Total Body Conditioning

CARDIO
- Step
- Cycle
- Cardio Kickboxing

Visit recsports.indiana.edu for session descriptions.