

FALL 2025 GROUP FITNESS

Reserve Tickets in IBC (2nd floor) 30 mins
before start of session

Session Capacities:
Cycle: 32 All Other: 55

OCTOBER 13 - DECEMBER 8*

IBC STUDENT RECREATION CENTER 1701 N 15TH ST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cycle Tone
7-7:50am
Julie



Cycle Dance
7-7:50am
Julie



Cycle Tone
7-7:50am
Madilyn



View the
schedule
online!



Good Morning Yoga
8-8:50am
Alexa



Power Yoga
8-8:50am
Alexa



Flow Yoga
12-12:50pm
Andy



Zumba
12-12:50pm
Angelina



Pilates Mix
12-12:50pm
Mikayla



HIIT
12-12:30pm
Ahva



Power Yoga
1-1:50pm
Jessie



Zumba
3-3:50pm
Sia



Barre
4-4:50pm
Karla



Flow Yoga
4-4:50pm
Andy



Box & Burn
4-4:50pm
Ron



Body Blast
4-4:45pm
Alexis



Cycle Basics
4-4:50pm
Madilyn



Pilates Basics
5-5:50pm
Karla



DanceFit
5-5:50pm
Mikayla



SAM HIIT
5-5:50pm
Leyla



DanceFit
5-5:50pm
Mikayla



Cycle Mix
5-5:50pm
Matt



Dance Cardio
6-6:50pm
Leyla



HIIT
6-6:30pm
Ahva



Zumba
6-6:50pm
Angelina



Pilates Basics
6-6:50pm
Karla



Cycle HIIT
6-6:30pm
Jane



Cycle Dance
6-6:50pm
Madilyn



Circuits
7-7:30pm
Dinesh



Sculpt & Tone
7-7:50pm
Leyla



Meditative Yoga
7-7:50pm
Andy



Zumba
7-7:50pm
Sia



Cycle Tone
7-7:50pm
Jane



Pilates Power
8-8:50pm
Aidan



WARRIOR Combat
8-8:50pm
Diva



Pilates Mix
8-8:50pm
Aidan



Goodnight Yoga
8-8:45pm
Ewa



Meditative Yoga
9-9:45pm
Ewa



Meditative Yoga
9-9:45pm
Jessie



Goodnight Yoga
9-9:45pm
Jessie



**CAMPUS
RECREATION**

Must have Rec Access

***NO SESSIONS HELD
NOVEMBER 24 - 28**

Legend



BLUE = Cycle



GREEN = Yoga



PURPLE = Low
Impact
Resistance



PINK = Dance



RED = Strength



YELLOW = Cardio
& Strength

GROUP FITNESS SESSION DESCRIPTIONS

Legend



BLUE = Cycle



PURPLE = Low Impact Resistance



GREEN = Yoga



RED = Strength



PINK = Dance



YELLOW = Cardio & Strength

Pilates Basics

The most beginner-friendly of our Pilates sessions. It is a mat-based mind-body exercise that focuses on strength, core stability, flexibility, muscle control, posture, and breathing. Each exercise is repeated with slight variations to gain confidence and control over it.

Pilates Mix

A mat-based mind-body exercise that focuses on strength, core stability, flexibility, muscle control, posture, and breathing. A variation of equipment is utilized to mimic Pilates reformers.

Pilates Power

Choose to challenge yourself with this higher-intensity mat-based mind-body exercise that focuses on strength, core stability, flexibility, muscle control, posture, and breathing. A variation of equipment is utilized to mimic Pilates reformers.

Barre

A rhythmic and dynamic workout that combines elements of ballet, Pilates, and strength training.

Sculpt & Tone

Similar to Barre, this is a rhythmic strengthening, stretching, and lengthening session for the whole body with high repetition and low impact dance movements.



Good Morning Yoga

Start off the day with relaxing yet invigorating yoga poses intended to connect the body, breath, and mind.

Meditative Yoga

Guided meditation accompanies longer-held yoga poses to further enhance mind-body connection.

Flow Yoga

Practice yoga poses at a slower pace connecting the body, breath, and mind.

Power Yoga

A more strength-focused yoga flow connecting the body, breath, and mind. Poses are held for a longer duration in a flow with a faster pace. Some sessions include optional use of equipment to add more resistance.

Goodnight Yoga

Release your stress at the end of the day with slow and relaxing yoga poses intended to connect the body, breath, and mind.



Circuits

Strength movements performed in short, intense intervals followed by periods of rest. Movements are repeated in rounds.

Body Blast

A rhythmic barbell-based weightlifting workout designed to strengthen, lean, and tone muscles.



Cycle Basics

The most beginner-friendly of our cycling sessions. This cardiovascular training experience on an indoor cycle bike keeps it simple with minimal choreography. Great for those new to cycling and/or those who love a straight-forward ride.

Cycle Dance

A ride full of rhythm and fun dance-like movements. This cardiovascular training experience on an indoor cycle bike is great for those who love music and are looking for a more challenging ride.

Cycle HIIT

This cardiovascular training experience on an indoor cycle bike consists of high and low intensity intervals to get the most out of 30 minutes.

Cycle Tone

Add in small hand held weights to this cardiovascular training experience on an indoor cycle bike. Great for those looking for a full-body challenge.

Cycle Mix

Have the best of everything in this cardiovascular training experience on an indoor cycle bike. Mix is exactly that—a mix of hills, sprints, choreography, intervals, and more.

One difficulty step above Basics, and one step below Tone and Dance.



DanceFit

A cardio and strength dance workout incorporating a wide variety of dance styles, movements, and popular hits. Equipment such as steps, dumbbells, body bars, and mats is utilized.

Dance Cardio

A cardio dance workout incorporating a wide variety of dance styles, movements, and popular hits.

Zumba

A cardio dance workout of Latin and World rhythms designed to boost energy, bring people together, and have fun while getting fit.



HIIT

Cardio and strength moves performed in short, intense intervals followed by periods of rest.

SAM HIIT

Functional cardio and strength moves performed in short, intense intervals followed by periods of rest. Movements performed to increase **Stability**, **Agility**, and **Mobility**.

BOX & BURN

HIIT training (cardio and strength movements performed in short, intense intervals) combined with calisthenics and boxing techniques/drills.

WARRIOR COMBAT

Boxing-inspired session that includes high intensity intervals of cardio and strength and music driven fight combinations.



All sessions are held on the second floor of the Independence Blue Cross Student Recreation Center - 1701 N. 15th St.

Group Fitness Sessions are open to all students and employees of Temple University who have paid the Campus Recreation Fee.

Entry to any group fitness session closes 10 minutes after the start of the session.

Campus Recreation reserves the right to change or cancel any session due to low attendance or other unforeseen circumstances.

Group Fitness session attendance is determined by a first-come first-serve basis. Ticket reservations are used for all sessions. Ticket reservations begin 30 minutes before the session starts.

If interested in becoming a certified leader or for more information on our group fitness program, contact the Fitness Coordinator, Mikayla Marti at mikayla.marti@temple.edu or 215-204-1515.