# **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

## WEDNESDAY

# THURSDAY

# FRIDAY



### TUESDAY





Cycle Dance

7-7:50am Julie

**Power Yoga** 

8-8:50am

Alexa



**Cycle Tone** 7-7:50am

Madilyn



View the schedule online!



**Good Morning 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 lessie



Zumba 3-3:50pm Sia



**Barre** 4-4:50pm Karla



Flow Yoga 4-4:50pm Andy



**Box & Burn** 4-4:50pm Ron

**Cycle Basics** 4-4:50pm

Madilyn



**Body Blast** 4-4:45pm Alexis



**Must have Rec Access** 



**SAM HIIT** 5-5:50pm Leyla



**DanceFit** 5-5:50pm Mikayla



**Pilates Basics** 5-5:50pm Karla



**DanceFit** 5-5:50pm Mikayla



BLUE = Cycle

GREEN = Yoga



5-5:50pm Matt **Dance Cardio** 

6-6:50pm

Leyla

Cycle Mix



HIIT 6-6:30pm Ahva



Zumba 6-6:50pm Angelina



**Pilates Basics** 6-6:50pm Karla





Cycle HIIT 6-6:30pm Jane



**Circuits** 7-7:30pm Dinesh



Cycle Dance 6-6:50pm Madilyn



Sculpt & Tone 7-7:50pm Leyla



**Meditative Yoga** 7-7:50pm Andy



Zumba 7-7:50pm Sia



**Cycle Tone** 7-7:50pm Jane



**Goodnight Yoga** 8-8:45pm Ewa



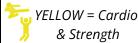
**Impact** Resistance



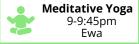
PINK = Dance

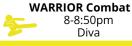


RED = Strength



**Pilates Power** 8-8:50pm Aidan





**Meditative Yoga** 9-9:45pm Jessie

8-8:50pm

Diva



8-8:50pm Aidan

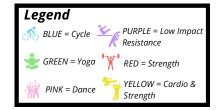
**Pilates Mix** 





Goodnight Yoga 9-9:45pm

# GROUP FITNESS SESSION DESCRIPTIONS



#### **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.



#### 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

**DanceFit** 

**Dance Cardio** 

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.

A cardio and strength dance workout incorporating a wide variety of

A cardio dance workout incorporating a wide variety of dance styles,

dance styles, movements, and popular hits. Equipment such as steps,

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

dumbbells, body bars, and mats is utilized.

A cardio dance workout of Latin and World rhythms

designed to boost energy, bring people together, and

movements, and popular hits.

have fun while getting fit.

#### **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.



#### 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 **S**tability, **A**gility, and **M**obility.

#### **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.



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.



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.