



Get Fit, Have Fun, Live Well!

Summer 2026
Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 – 12:45 pm	Athletic Conditioning (Dereth) Rm 051		Indoor Cycling (Dereth) Rm 051	Slow Flow Yoga (Andrew) Rm 049	

Class Descriptions can be found on the back of this page or by visiting the RFW website at www.usi.edu/rfw

For additional information, please call the RFC @ 461-5268.

***Modifications may be made to schedule as necessary.**



RFW Group Exercise Classes and Descriptions

Athletic Conditioning: Agility. Power. Explosiveness. These are all things that are worked on in this class! Not to mention a great cardiovascular workout.

Indoor Cycling: A class designed to increase cardiovascular fitness and leg strength. A great break from a normal running routine.

Slow Flow Yoga: Slow flow yoga is a meditative flow that practices slowing down by using a slow steady breath, holding postures, transitioning smoothly, and opening gently and mindfully with the ability to move deeper into one's body and self.