



Get Fit, Have Fun, Live Well!

Summer 2024 Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05 – 12:50 pm	Yoga (Jasmine) Rm 125		Butts N’ Guts (Jasmine) Rm 125	Slow Flow Yoga (Andrew) Rm 125	

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

Butts-N-Guts: A combination of lower body, abs and lower back exercises to tone, sculpt and strengthen the lower body and core.

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.