












SPRING 2021 GROUP FITNESS SCHEDULE

Starting on Monday, January 25th, 2021

Join us for our FREE indoor social-distanced classes in Ping Studio 217!

Schedule is subject to change

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	Cycle with Brittney		Cycle with Brittney	H.I.I.T. with Tessa	 with Rose
1:00 pm	 with Wyatt	 with Megan	 with Wyatt	 with Megan	<p>How do I sign up? Go to recshop.ohio.edu to secure your spot in class! You can register for each class starting 24 hours before the scheduled class time.</p> <p>To attend  classes, you must download your FREE Spring Trial Membership! Scan the QR code with your mobile phone or follow the link below:</p>  <p>https://www.ohio.edu/recreation/free-trial-membership</p>
3:00 pm	 with Rose		 with Tessa	 with Cora	
5:00 pm		Vinyasa Flow with Jackie <small>**Beginning on February 2nd</small>	Yin Yoga with Jackie <small>**Beginning on February 3rd</small>		
6:00 pm	Cardio Dance with Lexi			Cycle with Rose	
7:00 pm		 with Tessa			



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Check out our **full-length virtual classes on YouTube!** Subscribe to "Ohio University Well-Being and Recreation" for new workouts each week.