

# Student Rec Center

## Group Fitness Schedule

Fall  
2018

### MONDAYS

9–10am	Mindful Movement Yoga	Fitness Studio 1
12–12:30pm	Indoor Cycling	Fitness Studio 2
4:30–5:30pm	Zumba	Fitness Studio 1

### TUESDAYS

9–10am	Vinyasa Flow Yoga	Fitness Studio 2
3–4pm	Gentle Flow Yoga	Fitness Studio 1

### WEDNESDAYS

12–12:30pm	Indoor Cycling	Fitness Studio 2
4–5pm	Vinyasa Flow Yoga	Fitness Studio 2

### THURSDAYS

3–3:30pm	Journey to Self: Meditation	Fitness Studio 1
4:30–5:30pm	Zumba	Fitness Studio 1
5:30–6:30pm	Mindful Movement Yoga	Fitness Studio 2

### ARVADA CAMPUS

Mondays 1–2pm	Yoga	Yoga Studio
Wednesdays 12–1pm	Yoga	Yoga Studio

[rrcc.edu/src](http://rrcc.edu/src)

*All classes are free to fee-paying students/faculty/staff. Classes are held in the Student Recreation Center (Eastside of campus). Fitness Studio 1 or 2.*