

Group Fitness Schedule

Lakewood-Student Rec Center

Spring 2019

MONDAYS

Bodyshred	1-2pm	Fit. Stu 1
Gentle Flow Yoga	3-4pm	Fit. Stu 2
Zumba	4:30-5:30pm	Fit. Stu 1
Pranayama & Meditation	6:00-6:30pm	Fit. Stu 2
Yin Yoga	6:30-7:30pm	Fit. Stu 1

TUESDAYS

Yin Yoga	1-2pm	Fit. Stu 1
Align & Flow Yoga (Inter. to Adv.)	2-3pm	Fit. Stu 2
Vinyasa Flow Yoga	3-4pm	Fit. Stu 1
Evening Restorative Yoga	6-7pm	Fit. Stu 2

WEDNESDAYS

Bodyshred	1-2pm	Fit. Stu 1
Bro-Yoga	2-3pm	Fit. Stu 2
Vinyasa Flow Yoga	3-4pm	Fit. Stu 1
Yin Yoga	6:30-7:30pm	Fit. Stu 1

THURSDAYS

Mindful Movement Yoga	9-10am	Fit. Stu 1
Align & Flow Yoga (Inter. to Adv.)	2-3pm	Fit. Stu 2
Zumba	4:30-5:30pm	Fit. Stu 1
Journey to Self: Meditation	5:30-6:00pm	Fit. Stu 2
Evening Restorative Yoga	6-7pm	Fit. Stu 1

FRIDAYS

Gentle Flow Yoga	1:30-2:30pm	Fit. Stu 1
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*All classes are free to fee-paying students/faculty/staff.
Classes are held in the SRC (Eastside of campus) in Fitness
Studio 1 or 2. Classes are subject to change or cancel. Check
the website for the live calendar of the schedule.*

RRCC.EDU/SRC/GROUP-FITNESS


RED ROCKS
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