

FITNESS

FITNESS FLEX PASS

All classes meet at the Werblin Recreation Center, Busch Campus

10 weeks (two 5-week sessions): (Session 1: 6/1-7/3; Session 2: 7/6-8/7)

\$40 | 5-week session (6/1-7/3 OR 7/6-8/7)

\$60 | Both 5-week sessions (10 weeks: 6/1-8/7)

Passes can be purchased online or in the Werblin main office beginning May 19th @ noon.

Monday	Tuesday	Wednesday	Thursday	Friday
12:10-1:00pm TBT	8:00-9:00am Pilates	12:10-1:00pm Pilates	8:00-9:00am Boot Camp	11:15-12:05pm Pilates
12:15-1:00pm Cycle	12:10-1:00pm Fitness Yoga	5:00-5:45pm Cycle	12:10-1:00pm TBT	12:15-1:00pm Willpower&Grace™
5:00-5:45pm Cycle	5:00-5:50pm Willpower&Grace™	5:15-6:15pm Zumba™	5:00-5:50pm Fitness Yoga	Additional Fitness Classes (Non-Flex Pass)
5:10-6:00pm Pilates	6:00-6:50pm Cardio Kickbox	6:15-7:00pm Cycle	5:15-6:00pm Cycle	
6:10-7:00pm Fitness Yoga	7:00-7:20pm Ab Attack	6:30-7:20pm Bosu Blitz	6:00-6:50pm TBT	RU in Training Thurs 7:30-8:45am 8 wks/\$35
6:15-7:00pm Cycle	7:00-7:45pm Cycle	7:30-8:45pm Fitness Yoga	7:00-7:20pm Ab Attack	Fitness Yoga Mon 12:10-1:00pm 10 wks/\$45
7:15-8:15pm Zumba™	7:30-8:45pm Fitness Yoga		7:00-7:20pm Cycle	Muay Tai Mon 6:00-8:00pm 8 wks/\$80
			7:30-8:45pm Fit Yoga	

Iyengar Yoga: Precision with a Purpose

This class will meet at the Loree Gym Aerobics Studio **\$65** | RU Affiliates

Wednesdays, 12:00pm-1:30pm 8-weeks: 6/3-7/22 **\$95** | Public



**Please view our website for full class listings,
registration details, and much more!**

recreation.rutgers.edu

AQUATICS

AQUA FLEX PASS

\$35 | RU Affiliates **\$90** | Public

Location: Patio Pool, Werblin Rec Ctr

You may attend any or all of the 5 aquatic exercise classes. 6/1-8/6.

Monday 5:15pm-6:00pm DW Aquacise
Tuesday 5:45pm-6:30pm Interval Power
Wednesday 5:15pm-6:00pm Hydrotone
Thursday 5:15pm-6:00pm Interval Power 6:15pm-7:00pm DW Hydrotone

SWIMMING (Non-Flex Pass)

\$35 | RU Affiliates **\$75** | Public

These are 10-week classes.

Monday	Wednesday
6:15-7:00pm WRC Adult Group	6:15-7:00pm WRC Adult Group
8:30-9:15pm CAG WOnly Beginner	9:00-9:45pm CAG WOnly Beginner
8:30-9:45pm* CAG WOnly Practice	8:30-9:45pm* CAG WOnly Practice

*Women Only Practice (no instruction):

Free | RU Affiliates **\$45** | Public

A vibrant, colorful graphic for a Rutgers Recreation summer class advertisement. The background is a mix of bright pink, yellow, and blue. Large, stylized silhouettes of people are shown in various active poses: one person is jumping with arms outstretched, another is lying on their back, and a third is sitting up. The word 'SUMMER' is written in large, bold, sans-serif letters across the middle, with 'SUM' in orange and 'MER' in pink. The word 'SUMMER' is repeated in a smaller, pink font below it. There are several stylized flower icons in yellow, blue, and orange. The overall mood is energetic and fun.

RUTGERS

Recreation

656 Bartholomew Road
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recreation.rutgers.edu

CLASS REGISTRATION
BEGINS **MAY 19** at **NOON!**
recreation.rutgers.edu/classes