

FREE Fitness classes at the SRC

Campus Recreation is proud to announce 3 new FREE fitness classes this term. These all levels classes are offered in the Student Recreation Center, free to attend (with active membership), and on a drop-in basis (no need to register). If you are interested, just show-up, try it out, and if you like it, come again.

Power Flow Yoga: Thursdays 12:30 pm - 1:30 pm

Join Oona, registered Yoga Teacher.

"Have you been wanting to up your flexibility, balance, mind & body, breathe connection, while having fun being embodied? We'll incorporate weights for strength, while moving to contagious beats."

Raider Ride: Mondays & Wednesdays 3:45 pm - 4:15 pm

"Enjoy a challenging, calorie-burning workout on the spin bikes. Build endurance, strength, and power in a 30-minute training ride and find your inner cyclist! All levels welcome!"

RAIDER HIIT (High Intensity Interval Training): Mondays and Wednesdays 4:30 pm - 5:00 pm

"This 30-minute workout will get you functionally strong and fire up your metabolism for an energizing journey into fitness! A combo of cardio, strength, and core - a total body workout in just 30 minutes!"