

ROCKET EX



January 13 – April 26 | Spring 2025 Group Fitness Classes

RocketEX classes are FREE to Rec Services Members including UToledo students

Student Recreation Center – Main Campus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba 6:15 – 7:00 am FS Mae	RocketCycle* 6:15 – 7:00 am CR Lydia	MX4 5:00 – 5:30 pm MX4 Brooke	RocketCycle 6:15 – 7:00 am CR Lydia	Gentle Yoga 11:30 am – 12:30 pm FS Diya	Zumba 10:30 – 11:15 am FS Mae
MX4 5:30 – 6:00 pm MX4 Lydia	MX4 5:15 – 5:45 pm MX4 Renee	MX4 5:30 – 6:00 pm MX4 Brooke	Strength & Core 5:15 – 5:45 pm MX4 Ryan		Yoga 11:30 am – 12:30 pm FS Kayla
Turn-Up Dance 5:30 – 6:15 pm FS Alice	Pilates 5:15 – 6:15 pm FS Kayla	Zumba* 5:30 – 6:15 pm FS Charmaine	Yoga Flow 5:45 – 6:30 pm FS LJ		
RocketCycle 6:15 – 7:00 pm CR Kelly	Gentle Yoga 6:30 – 7:30 pm FS LJ	RocketCycle 6:15 – 7:00 pm CR Brooke	Strength Circuits 6:00 – 6:30 pm MX4 Josh		
Yoga Flow 6:30 – 7:30 pm FS Diya			Strength Circuits 6:30 – 7:00 pm MX4 Josh		

Morse Fitness Center – Health Science Campus

TUESDAY	WEDNESDAY	THURSDAY
Drumbata* 12:15 – 1:00 pm MFS Waverley		Cardio Drumming 12:15 – 1:00 pm MFS Waverley

SCAN THE QR CODE OR VISIT [UTRECPORTAL.UTOLEDO.EDU/](https://utrecportal.utoledo.edu/) FOR CLASS REGISTRATION.

*Blue classes are FREE to all UToledo faculty, staff and students. No membership required.

Drop-in RocketEX rate for Non-Members is \$10 per day.

IMPORTANT DATES – Schedule subject to change or cancellation

No RocketEX Classes:

- January 20 (Martin Luther King Day)
- March 2-8 (Spring Break)



KEY:

CR: Cycling Room | FS: Fitness Studio | MX4: MX4 Room

MFS: Morse Fitness Studio



Recreational Services