

# CAMPUSREC SPRING 2024 GROUPX CLASSES

April 1st - June 14th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Intermediate Vinyasa Yoga</b> ASRC 440/441 · Olivia C. <b>7:45 am - 8:45 am</b>	
	<b>Deep Water X</b> Pool · Alex E. <b>9:00 am - 9:45 am</b>		<b>Shallow Water X</b> Pool · Rosie M. <b>9:00 am - 9:45 am</b>	
	<b>Mindful Movement &amp; Meditation</b> ASRC 440/441 · Julie J. <b>10:00 am - 10:30 am</b>			
<b>Barre</b> ASRC 440/441 · Megan M. <b>12:15 pm - 1:00 pm</b>	<b>Gentle Yoga</b> ASRC 440/441 · Julie J. <b>12:00 pm - 1:00 pm</b>	<b>Cycle/Krank</b> ASRC 440/441 · Erin B. <b>12:15 pm - 1:00 pm</b>	<b>Full-Body Strength</b> ASRC 440/441 · Fern W.M. <b>12:15 pm - 1:00 pm</b>	<b>HIIT + Abs</b> ASRC440/441 · Beau J. <b>12:15 pm - 1:00 pm</b>
<b>Self Defense</b> ASRC 450 · Kristian M. <b>12:45 pm - 1:45 pm</b>	<b>Lower Body &amp; Core</b> ASRC 440/441 · Julie H. <b>1:15 pm - 2:00 pm</b>		<b>Foam Rolling</b> <small>NEW!</small> ASRC 440/441 · Alex F. <b>1:15 pm - 1:45 pm</b>	<b>Stretch &amp; Flexibility</b> ASRC 440/441 · Rosie M. <b>1:15 pm - 2:00 pm</b>
<b>Intermediate Vinyasa Yoga</b> ASRC 440/441 · Alex E. <b>1:15 pm - 2:15 pm</b>				
				<b>SATURDAY</b>
<b>Bootcamp</b> ASRC 440/441 · Alex E. <b>4:15 pm - 5:00 pm</b>	<b>Full-Body Strength</b> ASRC 440/441 · Alex F. <b>4:15 pm - 5:00 pm</b>	<b>Gentle Yoga</b> ASRC 440/441 · Alex E. <b>4:00 pm - 5:00 pm</b>	<b>HIIT + Abs</b> ASRC440/441 · Alex F. <b>4:15 pm - 5:00 pm</b>	
<b>Zumba</b> ASRC 440/441 · Alex S. <b>5:15 pm - 6:00 pm</b>	<b>Cycle/Krank</b> ASRC 440/441 · Alex F. <b>5:15 pm - 6:00 pm</b>	<b>Zumba</b> ASRC 440/441 · Alex S. <b>5:15 pm - 6:00 pm</b>	<b>Upper Body &amp; Core</b> ASRC 440/441 · Illeana B. <b>5:15 pm - 6:00 pm</b>	
<b>Hatha Yoga</b> ASRC 440/441 · Linds T. <b>6:15 pm - 7:15 pm</b>	<b>Aikido</b> ASRC 450 · Suzane V. <b>5:30 pm - 6:15 pm</b>	<b>Lower Body &amp; Core</b> ASRC 440/441 · Brenda S. <b>6:15 pm - 7:00 pm</b>	<b>Hip Hop Dance</b> ASRC 440/441 · Emily Z. <b>6:15 pm - 7:00 pm</b>	
	<b>Kpop Dance</b> <small>NEW!</small> ASRC 440/441 · Caryn B. <b>6:15 pm - 7:00 pm</b>	<b>Beginner Vinyasa Yoga</b> ASRC 440/441 · Olivia C. <b>7:15 pm - 8:15 pm</b>		<b>SUNDAY</b>
	<b>Iaido</b> ASRC 450 · Suzane V. <b>6:30 pm - 7:00 pm</b>			<b>Zumba</b> ASRC 440/441 · Lizzy T. <b>12:15 pm - 1:00 pm</b>

## KEY

- Cardio
- Combo
- Dance Fitness
- Mind/Body
- Strength
- Martial Arts
- Morning programs
- Afternoon programs
- Evening programs
- No programs

## MISSION & VISION

**Group X Mission:** Campus Rec Group X provides a wide variety of inclusive and accessible group fitness classes to the PSU community that promote joyful movement, build participant confidence, and enhance wellbeing.

**Group X Vision:** Create positive movement experiences in an inclusive community.

## FIND GROUPX ONLINE



CAMPUSREC **Portland State UNIVERSITY**  
pdx.edu/recreation

**GENERAL QUESTIONS AND ACCOMMODATIONS:**  
 503-725-2959 or orndorf@pdx.edu.  
 Campus Rec makes every effort to be accessible to all abilities.