

GROUP FITNESS SCHEDULE FALL '21 AUG 30 - DEC 13

No classes Labor Day (Sept 6) or Thanksgiving Break (classes after 1pm and on 11/23 and all classes 11/24 - 11/28).

All classes are subject to change due to COVID-19. Please check the recwell.umd.edu and IMLeagues for the latest updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ERC FITNESS STUDIO						
7:15 - 8:15AM BODYPUMP Grace G	7 - 7:45AM BARRE Sue S	7:15 - 8:15AM BODYPUMP Asia W	7 - 8AM BODYCOMBAT Asia W	7:15 - 8:15AM BODYPUMP Asia W	NO CLASSES	5 - 6PM BODYPUMP Meira K
12 - 1PM BODYPUMP Sarah G	12 - 12:30PM LES MILLS CORE Casey S	12 - 1PM BODYPUMP Taneen M	12 - 12:30PM HIIT30 Cameren B	12 - 1PM BODYPUMP Aleah E		6:30 - 7:15PM HIIT45 Casey M
4:15 - 4:45PM HIIT30 Cameren B	5 - 5:45PM DANCEFIT Athena M/Emily B	4:15 - 4:45PM HIIT30 Lydia F/Jenny L	5 - 5:45PM HIIT45 Athena M	3 - 3:45PM BARRE Olivia G		7:30 - 8:15PM BARRE Nancy Z
5 - 5:45PM ZUMBA Imani N	6 - 6:45PM HIIT45 Cameren B	5 - 5:30PM LES MILLS CORE Natalie S	6 - 6:45PM BARRE Jamie K	4:15 - 4:45PM HIIT30 Cameren B		
6:15 - 6:45PM BARRE Jamie K	7 - 8PM BODYCOMBAT Olivia G	6 - 6:45PM BARRE Jenna S	7 - 8PM BODYCOMBAT Olivia G	5 - 5:45PM DANCEFIT Imani N/Emily B		
7 - 8PM BODYPUMP Louie G	8:30 - 9:15PM BARRE Cameren B	7 - 8PM BODYPUMP Grace G	8:30 - 9:15PM DANCEFIT Nancy Z			
8:30 - 9:15PM DANCEFIT Cat L	9:30 - 10:30PM BODYPUMP Aleah E	8:30 - 9:15PM ZUMBA Imani N/Cat L	9:30 - 10:30PM BODYPUMP Taneen M			
ERC NATATORIUM STUDIO - Yoga Only						
5 - 6PM YOGA FLOW Dan L	7:15 - 8AM YOGA BEGINNER Maddy A	5 - 6PM YOGA FLOW Ella S	*No classes Thursday, 12/ 2 + 12/9, 2021 due to swim meets	NO CLASSES	NO CLASSES	NO CLASSES
7 - 8PM RESTORATIVE YOGA Ryan R	4 - 5PM YOGA STRENGTH Katherine L	7 - 8PM RESTORATIVE YOGA Mya S	7:15 - 8AM YOGA BEGINNER Mya S			
	5:30 - 6:30PM YOGA FLOW Maddy A		4 - 5PM YOGA FLOW Ella S			
			5:30 - 6:30PM YOGA STRENGTH Maddy A			
ERC NATATORIUM POOL - Aqua Classes (8/30 - 11/19)						
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	3 - 4PM AQUAFIT Cameren B	NO CLASSES	NO CLASSES
ERC TRAINING STUDIO						
10 - 10:45AM TOTAL BODY STRENGTH Alyza B	5 - 6PM UBOX Lily H	10 - 10:45AM TOTAL BODY STRENGTH Alyza B	5 - 6PM UBOX Joe H/Lily H	12 - 1PM UBOX Joe H/Lily H	NO CLASSES	11A-12P UBOX Jamie K
4 - 4:45PM KETTLEBELL POWER Rae K	6:15 - 7PM TOTAL BODY STRENGTH Casey M	4 - 4:45PM SUPERFUNCTIONAL TOTAL BODY Katherine L	6:15 - 7PM TOTAL BODY STRENGTH Joe H			5p-5:45p TOTAL BODY STRENGTH Lydia F
5:15 - 6:15PM UBOX Rae K/Lauren B	7:30 - 8:15PM TOTAL BODY STRENGTH Mayank M	5:15 - 6PM TOTAL BODY STRENGTH Tim P/Alexa P				
7 - 8PM UBOX Cam T		7 - 8PM UBOX Cam T				



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REGENTS MULTIPURPOSE ROOM						
4:05 - 5PM YOGA STRENGTH Ryan R 6:15 - 6:45PM LES MILLS CORE Allison S	7:15 - 8:15AM BODYPUMP Abby E 5 - 6PM BODYCOMBAT Louie G 6:30 - 7:15PM ZUMBA Emily B	4:05 - 5PM YOGA STRENGTH Maddy A 6:15 - 6:45PM LES MILLS CORE Casey S	7:15 - 8:15AM BODYPUMP Abby E 5 - 6PM BODYCOMBAT Louie G 6:30 - 7:15PM ZUMBA Imani M	3 - 3:55PM YOGA FLOW Ella S	10:15 - 11:15AM BODYPUMP Rebekah E 11:30 - 12PM LES MILLS CORE Allison S/Rebekah E	8 - 9:15PM RESTORATIVE YOGA AND GUIDED MEDITATION Ryan R
REGENTS CYCLING STUDIO						
7:15 - 8AM CYCLE45 Julia J 12 - 12:45PM CYCLE45 Natalie S 5:15 - 6PM HIITCYCLE Cameren B 7 - 7:45PM CYCLE45 Allison S	10 - 10:45AM CYCLE45 Jess R 4 - 4:45PM CYCLE45 Jamie K 5:15 - 6PM HIITCYCLE Paige A 6:30 - 7:25PM CYCLE55 Alexa P	7:15 - 8AM CYCLE45 Paulina D 12 - 12:30PM CYCLE30 Olivia G 5:15 - 6PM CYCLE45 Amanda R 7 - 7:45PM HIITCYCLE Julia J	10 - 10:45AM CYCLE45 Jess R 4 - 4:45PM CYCLE45 Jamie K 5:15 - 6PM CYCLE 45 Paige A 6:30 - 7:25PM CYCLE55 Alexa P	3 - 3:55PM CYCLE55 Amanda R	10 - 10:55AM THEMED CYCLE ROTATION Rotating Instructors	11 - 11:55AM CYCLE55 Paulina D 5:15 - 6PM CYCLE45 Jess R
RITCHIE MULTIPURPOSE ROOM						
4:30 - 5:30PM BODYPUMP Rebecca N 6 - 7PM YOGA BEGINNER Emma C	5 - 6PM BODYPUMP Alicia F 7 - 8PM YOGA FLOW Lydia B	4:30 - 5:30PM BODYPUMP Molly S 6 - 7PM YOGA BEGINNER Emma C	5 - 5:45PM HIIT45 Lydia B 7 - 8PM YOGA STRENGTH Lydia B	5 - 5:45PM BARRE Jenna S	11 - 11:55AM YOGA FLOW Emma C	5 - 6PM YOGA FLOW Lydia B
RITCHIE FUNCTIONAL TRAINING ZONE						
NO CLASSES	5 - 5:45PM TOTAL BODY STRENGTH Tim P	NO CLASSES	5 - 5:45PM TOTAL BODY STRENGTH Katherine L	NO CLASSES	NO CLASSES	4 - 4:45PM TOTAL BODY STRENGTH Lydia B

THEMED CYCLE ROTATION

September 4 - Throwback Jamz, Allison S
 September 11 - Tik Tok Hits, Jess R
 September 18 - Boy Bands, Paige A
 September 25 - Bieber Fever, Olivia G
 October 2 - Collaborations, Amanda R
 October 9 - Disco, Alexa P
 October 16 - 2000's Hits, Julia J

October 23 - Disney, Jamie K
 October 30 - Halloween, Cameren B
 November 6 - Mamma Mia, Jamie K
 November 13 - Girl Power, Paige A
 November 20 - 90's/'00's Pop + Punk, Paulina D
 December 4 - Rave Glow, Alexa P
 December 11 - Holidaze, Cameren B



DIVISION OF
STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS

 @umdfitness

Please remember to arrive 5-10 minutes early for class.