

IN PERSON

FINALS WEEK GROUP FITNESS SCHEDULE FALL 2021 DEC 14 - 18

Please note all classes are subject to change due to COVID-19. Please check website for latest updates.



TUESDAY 12/14	WEDNESDAY 12/15	THURSDAY 12/16	FRIDAY 12/17	SATURDAY 12/18
ERC FITNESS STUDIO				
7 - 7:45AM BARRE Julia D 12 - 12:30PM LES MILLS CORE Casey S 5 - 5:45PM DANCEFIT Emily B/Amit Z 6 - 6:45PM HIIT45 Cameren B 7 - 8PM BODYCOMBAT Olivia G 8:30 - 9:15PM BARRE Cameren B 9:30 - 10:30PM BODYPUMP Aleah E	7:15 - 8:15AM BODYPUMP Asia W 12 - 12:30PM BODYPUMP EXPRESS Taneen M 4:15 - 4:45PM HIIT30 Lydia F 5 - 5:30PM LES MILLS CORE Natalie S 6 - 6:45PM BARRE Jenna S 7 - 8PM BODYPUMP Grace G 8:30 - 9:15PM ZUMBA Imani N/Cat L	7 - 8AM BODYCOMBAT Asia W 5 - 5:45PM HIIT45 Nancy Z 6 - 6:45PM BARRE Jamie K 7 - 8PM BODYCOMBAT Olivia G 8:30 - 9:15PM DANCEFIT Nancy Z 9:30 - 10:30PM BODYPUMP Taneen M	7:15 - 8:15AM BODYPUMP Asia W 12 - 1PM BODYPUMP Aleah E 3 - 3:45PM BARRE Olivia G 4:15 - 4:45PM HIIT30 Cameren B 5 - 5:45PM DANCEFIT Imani N/Emily B	
ERC NATATORIUM STUDIO - YOGA ONLY				
7:15 - 8AM YOGA BEGINNER Brady D 4 - 5PM YOGA STRENGTH Katherine L 5:30 - 6:30PM YOGA FLOW Maddy A	5 - 6PM YOGA FLOW Ella S 7 - 8PM RESTORATIVE YOGA Mya S	7:15 - 8AM YOGA BEGINNER Mya S 4 - 5PM YOGA FLOW Ella S 5:30 - 6:30PM YOGA STRENGTH Maddy A		
ERC TRAINING STUDIO				
5 - 6PM UBOX Lily H 6:15 - 7PM TOTAL BODY STRENGTH Casey M 7:30 - 8:15PM TOTAL BODY STRENGTH Mayank M	10 - 10:45AM TOTAL BODY STRENGTH Alyza B 5:15 - 6PM TOTAL BODY STRENGTH Elly B 7 - 8PM UBOX Cam T/Natalie S	5 - 6PM UBOX Joe H/Lily H 6:15 - 7PM TOTAL BODY STRENGTH Joe H	12 - 1PM UBOX Joe H	

Please arrive 5-10 minutes early for each class.



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS



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TUESDAY 12/14	WEDNESDAY 12/15	THURSDAY 12/16	FRIDAY 12/17	SATURDAY 12/18
REGENTS MPR				
7:15 - 8:15AM BODY PUMP Meira K 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 Grace G 5 - 6PM BODYPUMP Alicia F 6:30 - 7:15PM ZUMBA Imani N/Kellina W	3 - 3:55PM YOGA FLOW Ayesha S	10:15 - 11:15AM BODYPUMP Rebekah E 11:30AM - 12PM LES MILLS CORE Rebekah E
REGENTS CYCLING STUDIO				
10 - 10:45AM CYCLE45 Jess R 4 - 4:45PM CYCLE45 Jamie K 5:15 - 6PM HIITCYCLE Paige A 6:30 - 7:25PM CYCLE55 Grace H	7:15 - 8AM CYCLE45 Paige A 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 CYCLE45 Amanda R 6:30 - 7:25PM CYCLE55 Alexa P	3 - 3:55PM CYCLE55 Amanda R	
RITCHIE MPR				
5 - 6PM BODYPUMP Abby E 7 - 8PM YOGAFLOW Lydia B	4:30 - 5:30PM BODYPUMP Molly S	7 - 8PM YOGA STRENGTH Lydia B	5 - 5:45PM BARRE Jenna S	11 - 11:55AM YOGA FLOW Emma C

Please arrive 5-10 minutes early for each class.



VIRTUAL

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TUESDAY 12/14	WEDNESDAY 12/15	THURSDAY 12/16	FRIDAY 12/17	SATURDAY 12/18
YOUTUBE - go.umd.edu/virtualgroupfit				
8 - 8:45AM YOGA FLOW Kristen C	6 - 6:30PM CHAIR YOGA Tatiana Te	8 - 8:45AM YOGA FLOW Kristen C		



UMD FITNESS YOUTUBE
go.umd.edu/virtualgroupfit



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