

FINALS GROUP FITNESS SCHEDULE

SPRING 2022 / MAY 11 - 17

REC
WELL
FITNESS

WEDNESDAY - 5/11	THURSDAY - 5/12	FRIDAY - 5/13	SATURDAY - 5/14	SUNDAY - 5/15	MONDAY - 5/16	TUESDAY - 5/17
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:15 - 8:15AM BODYPUMP Elise P	7:15 - 8AM BARRE Ayesha S	7:15 - 8:15AM BODYPUMP Asia W	NO CLASSES	5 - 6PM BODYPUMP Meira K	7:15 - 8:15AM BODYPUMP Grace G	7:15 - 8AM BODY SCULPT Marissa D
12 - 12:30PM HIIT30 Cameron B	12 - 12:30PM BODY SCULPT Jenny L	12 - 1PM BODYPUMP Cammy G		6:30 - 7:15PM ZUMBA Nancy Z/Emily B	12 - 12:45PM BODY SCULPT Rahat S	5:30 - 6PM LES MILLS CORE Casey S
4 - 4:45PM DANCEHIIT STRONG Ryan W	4:30 - 5:15PM DANCEFIT Emily B/Nancy Z	5 - 5:45PM DANCEFIT Imani N		7:30 - 8:15PM BARRE Nancy Z	4:15 - 4:45PM LES MILLS CORE Casey S	6:15 - 7PM BARRE Cameron B
5 - 5:45PM BODY SCULPT Lydia F	6:15 - 7PM BARRE Jamie K				5 - 5:45PM DANCEFIT Louisa N	7:15 - 8:15PM BODYCOMBAT Rahat S
6 - 6:45PM DANCEFIT Anna B	7:15 - 8:15PM BODYCOMBAT Rahat S				6 - 6:45PM BARRE Jamie K	8:30 - 9:15PM BARRE Julia D
7 - 8PM BODYPUMP Grace G	8:30 - 9:30PM BODYPUMP Aleah E				7 - 8PM BODYPUMP Elise P	
8:30 - 9:15PM ZUMBA Cat L/Imani N					8:30 - 9:15PM ZUMBA Cat L/Imani N	
EPPLEY RECREATION CENTER - NATATORIUM STUDIO (yoga only)						
9 - 9:45AM YOGA BEGINNER Ayesha S	4 - 5PM YOGA BEGINNER Eden R	NO CLASSES	NO CLASSES	NO CLASSES	9 - 9:45AM YOGA BEGINNER Brady D	4 - 5PM YOGA BEGINNER Eden R
5:30 - 6:30PM YOGA FLOW Katherine L	5:30 - 6:30PM POWER YOGA Katherine L				4 - 4:45PM YOGA FLOW Maddy A	5:30 - 6:30PM POWER YOGA Ella S
7 - 8PM YOGA RESTORE Ella S					5 - 6PM POWER YOGA Ryan R	
					7 - 8PM YOGA RESTORE Mya S	
EPPLEY RECREATION CENTER - NATATORIUM POOL						
NO CLASSES	6:30 - 7:15AM AQUAEROBICS Taeilora L	3 - 3:45PM AQUA DANCE Taeilora L	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES

PLEASE ARRIVE 5-10 MINUTES EARLY FOR CLASS.
Schedule subject to change. See website for updates.



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

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FOR CLASS DESCRIPTIONS
go.umd.edu/groupfitclasstypes

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EPPLEY RECREATION CENTER - TRAINING STUDIO						
7:15 - 8:15AM UBOX60: ALL LEVELS Fatima Y	10 - 10:30AM TOTAL TRX TONE Alyza B	7:15 - 8:15AM UBOX60: ALL LEVELS Hamzah Y	NO CLASSES	5 - 6PM UBOX60: ALL LEVELS Natalie S	7:15 - 8:15AM UBOX60: ALL LEVELS Hamzah Y	10 - 10:30AM TOTAL TRX TONE Alyza B
3 - 3:45PM YOGA STRETCH + FOAM ROLL Rae K	4 - 4:45PM STRENGTH + CONDITIONING Katherine L	12 - 12:30PM UBOX30: HIIT THE BAG + JUMP ROPE Joe H			7 - 8PM UBOX60: ALL LEVELS Cam T/Jamie K	4 - 4:45PM STRENGTH + CONDITIONING Alyza B
7 - 8PM UBOX60: ALL LEVELS Cam T	5 - 5:45PM UBOX45: FULL BODY BLAST Joe H					
REGENTS - MULTIPURPOSE ROOM						
7:15 - 8:15AM BODYCOMBAT Asia W	7:30 - 8:30AM BODYPUMP Abby E	4 - 5PM POWER YOGA Dan L	10:15 - 11:15AM BODYPUMP Rebekah E	12 - 1PM YOGA BEGINNER Ryan R	5 - 5:30PM LES MILLS CORE Allison S	5 - 6PM BODYCOMBAT Louie G
5 - 5:30PM LES MILLS CORE Natalie S	9 - 9:45AM POWER YOGA Maggie P		11:30AM - 12PM LES MILLS CORE Rebekah E	8 - 9:15PM RESTORATIVE YOGA AND GUIDED MEDITATION Maggie P	6:30 - 7:15PM ZUMBA Audrey S/ Taeilora L	6:30 - 7:30PM BODYPUMP Louie G
6:30 - 7:15PM ZUMBA Emily B/Imani N	5 - 6PM BODYCOMBAT Louie G					
	6:30 - 7:30PM BODYPUMP Louie G					
REGENTS - CYCLING STUDIO						
7:15 - 8AM CYCLE45 Connie B	7 - 7:30AM CYCLE30 PJ T	3 - 3:55PM CYCLE55 Jess R	10 - 10:55AM RAVE GLOW Olivia P	11 - 11:55AM CYCLE55 Jess R	12 - 12:30AM HIITCYCLE Julia J	7 - 7:30AM CYCLE30 Grace H
12 - 12:30PM HIITCYCLE Julia J	10 - 10:45AM CYCLE45 Alex M			5:15 - 6PM CYCLE45 Julia J	4 - 4:30PM CYCLE30 Allison S	10 - 10:45PM CYCLE45 PJ T
4 - 4:30PM CYCLE30 Natalie S	4 - 4:45PM CYCLE45 Jamie K				5:15 - 6PM CYCLE45 Olivia G	4 - 4:45PM CYCLE45 Paige A
5:15 - 6PM CYCLE45 Cameron B	5 - 5:45PM HIITCYCLE Olivia P				7 - 7:55PM CYCLE55 Amanda R	5 - 5:45PM HIITCYCLE Cameron B
7 - 7:55PM CYCLE55 Amanda R	6:30 - 7:25PM CYCLE55 Grace H					
8:30 - 9:15PM CYCLE45 Olivia P						
RITCHIE COLISEUM - MULTIPURPOSE ROOM						
9:30 - 10:30AM BODYPUMP Molly S	5:15 - 6:15PM BODYPUMP Alicia F	4 - 4:45PM BODY SCULPT Lydia B	11 - 11:55AM POWER YOGA Lydia B	5 - 6PM YOGA BEGINNER Fengyi Z	4:15 - 5:15PM BODYPUMP Anastasia S	
4:15 - 5:15PM BODYPUMP Anastasia S	7 - 8PM YOGA BEGINNER Emma C	5 - 6PM YOGA RESTORE Lydia B			5:30 - 6:15PM BARRE Jenna S	
5:30 - 6:15PM HIIT45 Connie B						



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FINALS GROUP FITNESS SCHEDULE

SPRING 2022 / MAY 11 - 17 *VIRTUAL*



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
YOUTUBE LIVE - go.umd.edu/virtualgroupfit						
 8 - 8:45AM YOGA FLOW Kristen C	NO CLASSES	 8 - 8:45AM YOGA RELAX Tatiana Te	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES



UMD FITNESS YOUTUBE
go.umd.edu/virtualgroupfit



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