GROUP FITNESS SCHEDULE
SUMMER 2022 / MAY 31 - AUG 19

REC WELL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EPPLEY RECREATION CENTER - FITNESS STUDIO				
7:15 - 8AM BARRE Jenna S 5 - 5:45PM ZUMBA Michael M 6 - 7PM BODYCOMBAT Louie G	12 - 1PM BODYCOMBAT Rahat S 5 - 5:45PM ZUMBA Michael M 6 - 7PM BODYPUMP Louie G	7:15 - 8AM BARRE Jenna S 5 - 5:45PM DANCEFIT Anna B 6 - 7PM BODYCOMBAT Louie G/Asia W	12 - 1PM BODYCOMBAT Rahat S 5 - 5:45PM ZUMBA Michael M 6 - 7PM BODYPUMP Rebekah E	7:15 - 8:15AM BODYPUMP Asia W 12 - 12:45PM DANCEFIT Imani N 5 - 5:45PM ZUMBA Emily B 6 - 6:45PM BARRE Nancy Z
EPPLEY RECREATION CENTER - OUTDOOR AQUATIC CENTER - AQUA CLASSES				
3 - 3:45PM AQUAEROBICS Taeilorae L	NO CLASSES	3 - 3:45PM AQUAEROBICS Taeilorae L	NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - TRAINING STUDIO				
6 - 7PM UBOX60: ALL LEVELS Nancy Z	NO CLASSES	NO CLASSES	5 - 6PM UBOX60: ALL LEVELS Joe H	NO CLASSES
REGENTS - MULTIPURPOSE ROOM				
4:05 - 5PM POWER YOGA Ella S	9 - 9:45AM YOGA BEGINNER Eden R 5 - 6PM YOGA FLOW Ryan R	4:05 - 5PM POWER YOGA Ella S	9 - 9:45AM YOGA BEGINNER Eden R 5 - 6PM YOGA FLOW Ryan R	4:05 - 5PM POWER YOGA Dan L
REGENTS - CYCLING STUDIO				
5:15 - 6PM CYCLE45 Jess R	6:30 - 7:25PM CYCLE55 Paige A	5:15 - 6PM CYCLE45 Jess R	6:30 - 7:25PM CYCLE55 Paige A	NO CLASSES

No classes June 20 (Juneteenth) or July 4 (Independence Day)

Please arrive 5 - 10 minutes early for each class.

DIVISION OF STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

@umdfitness

FOR CLASS DESCRIPTIONS
go.umd.edu/groupfitclasstypes

GROUP FITNESS SCHEDULE *VIRTUAL*

SUMMER 2022 / MAY 31 - AUG 19

REC WELL FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUTUBE - go.umd.edu/virtualgroupfit				
9 - 9:45AM RESTORATIVE YOGA Tatiana Te	NO CLASSES	9 - 9:45AM YOGA FLOW Kristen C	NO CLASSES	NO CLASSES

No classes June 20 (Juneteenth) or July 4 (Independence Day)

UMD FITNESS YOUTUBE
go.umd.edu/virtualgroupfit

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