

# GROUP FITNESS SCHEDULE

## SUMMER 2022 / MAY 31 - AUG 19



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

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

Please arrive 5 - 10 minutes early for each class.



FOR CLASS DESCRIPTIONS  
[go.umd.edu/groupfitclasstypes](http://go.umd.edu/groupfitclasstypes)



# GROUP FITNESS SCHEDULE \*VIRTUAL\*

## SUMMER 2022 / MAY 31 - AUG 19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUTUBE - <a href="https://go.umd.edu/virtualgroupfit">go.umd.edu/virtualgroupfit</a>				
 <b>9 - 9:45AM</b> <b>RESTORATIVE YOGA</b> Tatiana Te	NO CLASSES	 <b>9 - 9:45AM</b> <b>YOGA FLOW</b> Kristen C	NO CLASSES	NO CLASSES

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



UMD FITNESS YOUTUBE  
[go.umd.edu/virtualgroupfit](https://go.umd.edu/virtualgroupfit)



DIVISION OF  
**STUDENT AFFAIRS**  
 UNIVERSITY RECREATION & WELLNESS

 @umdfitness

FOR CLASS DESCRIPTIONS  
[go.umd.edu/groupfitclasstypes](https://go.umd.edu/groupfitclasstypes)