

GROUP FITNESS SCHEDULE

SUMMER 2022 / MAY 31 - AUG 19



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





DIVISION OF
STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS

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GROUP FITNESS SCHEDULE *VIRTUAL*

SUMMER 2022 / MAY 31 - AUG 19



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
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