



GROUP FITNESS SCHEDULE

FALL 2022, 8/29 - 12/13

@umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:15am - 8:15am BODY PUMP Jacob K 12pm - 12:30pm LES MILLS CORE Ava M 5pm - 5:45pm DANCEFIT Louisa N 6pm - 7pm BODYPUMP Louie G 7:15pm - 8pm BARRE Jamie K	8:30am - 9:30am BODYPUMP Arwen F 4:15pm - 5:15pm BODYPUMP Abby E 5:30pm - 6:15pm HIIT Jenny L 6:30pm - 7:30pm BODY COMBAT Asia W 8:30pm - 9:15pm ZUMBA Emily B	7:15am - 8:15am BODYPUMP Asia W 12pm - 1pm BODYPUMP Anna T 5pm - 5:45pm DANCEFIT Louisa N 6pm - 7pm BODYPUMP Louie G 7:15pm - 8pm BARRE Jenna S	8:30am - 9:30am BODYPUMP Arwen F 4:15pm - 5:15pm BODYPUMP Rebecca N 5:30pm - 6pm LES MILLS CORE Ava M 6:30pm - 7:30pm BODYCOMBAT Louie G 7:45pm - 8:30pm HIIT Julia D	7:15am - 8:15am BODYPUMP Asia W 12pm - 1pm BODYPUMP Anna T 4pm - 4:45pm BARRE Julia D 5pm - 5:45pm DANCEFIT Emily B	NO CLASSES	5pm - 5:45pm DANCEFIT Anna B 6pm - 7pm BODYPUMP Meira K 7:15pm - 8pm BARRE Nancy Z
EPPLEY RECREATION CENTER - TRAINING STUDIO						
12pm - 12:45pm UBOX45 Fatima Y 5:30pm - 6:15pm UBOX45 Joe H 6:30pm - 7pm UBOX30 Jamie K	4pm - 4:45pm TRX Melissa M	4pm - 4:45pm STRENGTH + CONDITIONING Jamie K 5pm - 5:45pm UBOX45 PJ T 6pm - 6:45pm UBOX45 Jamie K	7:15am - 8am UBOX45 PJ T 5pm - 6pm UBOX60 Joe H	12pm - 12:45pm UBOX45 Natalie S 3pm - 3:45pm UBOX45 PJ T	NO CLASSES	6pm - 6:45pm UBOX45 Nancy
EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY						
No classes on 12/1 or 12/8						
4:15pm - 5pm YOGA FLOW Christina D 5:30pm - 6:30pm BEGINNER YOGA Sarah E 7pm - 8pm YOGA FLOW Melinda T	7:15a-8a YOGA FLOW Eden R 5:30pm - 6:30pm YOGA Emma C 7pm - 8pm YOGA RESTORE Melinda T	4:15pm - 5pm POWER YOGA Maggie P 7pm - 8pm YOGA FLOW Melinda T	7:15am - 8am YOGA FLOW Eden R 7pm - 8pm POWER YOGA Ella S	NO CLASSES	NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - OUTDOOR AQUATIC CENTER						
Beginning 9/19, classes moved to Natatorium. No classes on Swim Meet Days: 11/4, 12/2, 12/9						
2:45pm - 3:30pm AQUAEROBICS Taeilorae	NO CLASSES	2:45pm - 3:30pm AQUAEROBICS Taeilorae	NO CLASSES	3pm - 3:45pm AQUAEROBICS Taeilorae	NO CLASSES	NO CLASSES

NO CLASSES: Labor Day (9/5) + Thanksgiving Break (11/23-11/27)
FINALS SCHEDULE COMING: 12/14 - 12/17
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS



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FALL 2022, 8/29 - 12/13

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REGENTS - CYCLE STUDIO						
<p>7:15am - 8am CYCLE 45 Paige A</p> <p>10am - 10:45am CYCLE 45 Alex M</p> <p>12pm - 12:45pm CYCLE 45 Alexa P</p> <p>4pm - 4:30pm CYCLE 30 Natalie S</p> <p>5:15pm - 6:10pm CYCLE 55 Olivia G</p> <p>6:30pm - 7:15pm CYCLE 45 Erin C</p> <p>8pm - 8:55pm CYCLE 55 Emma F</p>	<p>7am - 7:45am CYCLE 45 PJ T</p> <p>10am - 10:55am CYCLE 55 Kaitlyn R</p> <p>3:15pm - 4pm CYCLE 45 Alex M</p> <p>5:30pm - 6:15pm CYCLE 45 Jamie K</p> <p>6:30pm - 7:25pm CYCLE 55 Jess R</p> <p>8:30pm - 9pm CYCLE 30 Amanda R</p>	<p>7:15am - 8am CYCLE 45 Connie B</p> <p>10am - 10:45am CYCLE 45 Alex M</p> <p>12pm - 12:45pm CYCLE 45 Alexa P</p> <p>4:15pm - 5pm CYCLE 45 Anastasia S</p> <p>5:15pm - 6:10pm CYCLE 55 Olivia G</p> <p>6:30pm - 7:15pm CYCLE 45 Amanda R</p> <p>8pm - 8:55pm CYCLE 55 Olivia P</p>	<p>7am - 7:45am CYCLE 45 Lydia F</p> <p>3:15pm - 4pm CYCLE 45 Wanda H</p> <p>5:30pm - 6:15pm CYCLE 45 Jamie K</p> <p>6:30pm - 7:25pm CYCLE 55 Jess R</p> <p>8:30pm - 9:15pm CYCLE 45 Christina G</p>	<p>7:15am - 8am CYCLE 45 Connie B</p> <p>9:30am - 10:15am CYCLE 45 Anastasia S</p> <p>12pm - 12:45pm CYCLE 45 Elyana F</p> <p>3:00pm - 3:55pm CYCLE 55 Emma F</p>	<p>10am - 10:55am CYCLE 55 Rotating Instructors</p> <p>9/3, Paige A 9/10, Connie B 9/17, Amanda R 9/24, Lydia F 10/1, Emma F 10/8, Olivia G 10/15, Christina G 10/22, Wanda H 10/29, Alex M 11/5, Alexa P 11/12, Olivia P 11/19, Jessica R 12/3, Anastasia R 12/10, Natalie S</p>	<p>11am - 11:55am CYCLE 55 Christina G</p> <p>5pm - 5:45pm CYCLE 45 Kaitlyn R</p> <p>7:15pm - 8pm CYCLE 45 Nate S</p>
REGENTS - MULTIPURPOSE ROOM						
<p>9 - 9:45am BEGINNER YOGA Alex M</p> <p>4pm - 5pm BODYPUMP Asia W</p> <p>5:15pm - 5:45pm LES MILLS CORE Natalie S</p> <p>6pm - 7pm COMBAT Rahat S</p> <p>7:15pm - 8:15pm BODYPUMP Molly S</p>	<p>7:15am - 8:15am BODYPUMP Elise P</p> <p>8:30am - 9:15am YOGA FLOW Christina D</p> <p>4:15pm - 5:15pm POWER YOGA Ella S</p> <p>6pm - 7pm BODYPUMP Rebekah E</p>	<p>9am - 9:45am BEGINNER YOGA Alex M</p> <p>4pm - 5pm BODYPUMP Abby E</p> <p>5:15pm - 5:45pm LES MILLS CORE Ava M</p> <p>6pm - 7pm COMBAT Rahat S</p> <p>7:30 - 8:15pm DANCEFIT Instructor?</p>	<p>7:15am - 8:15am BODYPUMP Elise P</p> <p>8:30am - 9:15am BEGINNER YOGA Christina D</p> <p>4:15pm - 5:15pm YOGA FLOW Sahana K</p> <p>6pm - 7pm BODYPUMP Rebekah E</p>	<p>4:15pm - 5:15pm POWER YOGA Dan L</p> <p>5:30pm - 6:30pm YOGA RESTORE Brady D</p>	<p>10:15am - 11:15am BODYPUMP Rebekah E</p> <p>11:30am - 12pm LES MILLS CORE Ava M</p> <p>12:15pm - 1:15pm YOGA FLOW Brady D</p>	<p>6pm - 7pm YOGA FLOW Dan L</p>



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