



GROUP FITNESS SCHEDULE

SPRING 2023, 1/25 - 5/17

@umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:15am - 8:15am BODY PUMP Jacob K 5pm - 5:45pm HIIT Jenny L 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 - 6:00pm LES MILLS CORE Ava M 6:30pm - 7:30pm BODY COMBAT Louie G 8pm - 9pm DANCE FIT Louisa N & Amy R	7:15am - 8:15am BODYPUMP Asia W 5pm - 5:45pm DANCE FIT Louisa N 6pm - 7pm BODYPUMP Elise P 7:15pm - 8pm BARRE Jamie K 8pm - 9pm ZUMBA Emily B	7:15am - 8:15am BODYCOMBAT Ava T 8:30am - 9:30am BODYPUMP Anna T 4:15pm - 5:15pm BODYPUMP Arwen F 5:30pm - 6:00pm LES MILLS CORE Ava M 6:30pm - 7:30pm BODYCOMBAT Asia W & Rahat S 8pm-9pm DANCE FIT Anna B	7:15am - 8:15am BODYPUMP Asia W 4pm - 4:45pm BARRE Julia D 5pm - 5:45pm ZUMBA Emily B	NO CLASSES	5pm - 5:45pm ZUMBA Louisa N 6pm - 7pm BODYPUMP Meira K 7:15pm - 8pm BARRE Nancy Z
EPPLEY RECREATION CENTER - TRAINING STUDIO						
8:30am - 9:15am UBOX45 Fatima Y 6:30pm - 7:15pm UBOX45 Jamie K	9am - 9:45am TRX Natalie W 6pm-7pm UBOX 60 Natalie S	6:30pm - 7:15pm UBOX45 PJ T	7:15am - 8am UBOX45 PJ T 5pm-6pm UBOX60 Jamie K	3pm - 3:45pm UBOX45 PJ T	NO CLASSES	6pm - 6:45pm UBOX45 Nancy Z
EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY NO CLASSES: March 2nd, March 9th, or May 11th No Classes in the Natatorium Studio after May 12th (Natatorium Closed)						
9am-9:45am HATHA YOGA Sahana K 5:15pm - 6:15pm POWER YOGA Dan L 7pm - 8pm YOGA RESTORE Vienne L	5pm-6pm HATHA YOGA Sarah E 6:30pm - 7:30pm POWER YOGA Melinda T 7:45pm - 8:45pm YOGA FLOW Dulcinia R	7:45am - 8:45am YOGA RESTORE Sahana K 9am - 9:45am HATHA YOGA Christina D 5:15pm - 6:15pm POWER YOGA Maggie P	7:15am - 8am YOGA FLOW Eden R 5pm - 6pm HATHA YOGA Brady D 6:30pm-7:30pm POWER YOGA Melinda T	NO CLASSES	NO CLASSES	NO CLASSES

NO CLASSES: Spring Break 3/18-3/26

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF
STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS



GROUP FITNESS SCHEDULE

SPRING 2023, 1/25 - 5/17

📷 f @umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REGENTS - CYCLE STUDIO						
<p>7:15am - 8am CYCLE 45 Erin C</p> <p>10am - 10:45am CYCLE 45 Amanda R</p> <p>12pm - 12:45pm CYCLE 45 PJT</p> <p>4pm - 4:30pm CYCLE 30 Elyana F</p> <p>5pm - 5:55pm CYCLE 55 Jaime K</p> <p>6:30pm - 7:15pm CYCLE 45 Natalie S</p> <p>7:30pm-8:15pm CYCLE 45 Nate S</p> <p>8:30pm - 9:15pm CYCLE 45 Olivia P</p>	<p>7am - 7:30am CYCLE 30 Olivia P</p> <p>10am - 10:45am CYCLE 45 Kaitlyn R</p> <p>3:30pm - 4:15pm CYCLE 45 Emma F</p> <p>5:30pm - 6:15pm CYCLE 45 Connie B</p> <p>6:30pm - 7:25pm CYCLE 55 Jess R</p> <p>8pm - 8:45pm CYCLE 45 Alex M</p>	<p>7:15am - 8am CYCLE 45 Connie B</p> <p>10am - 10:45am CYCLE 45 Elyana F</p> <p>12pm - 12:45pm CYCLE 45 Jordan B</p> <p>4pm - 4:30pm CYCLE 30 Olivia P</p> <p>5:15pm - 6:10pm CYCLE 55 Olivia G</p> <p>6:30pm - 7:15pm CYCLE 45 Lydia F</p> <p>7:30pm - 8:15pm CYCLE 45 Anastasia S</p> <p>8:30pm-9:15pm CYCLE 45 Alex M</p>	<p>7am - 7:30am CYCLE 30 Emma F</p> <p>10am - 10:45am CYCLE 45 Wanda H</p> <p>3:30pm-4:15pm CYCLE 45 Nate S</p> <p>5:30pm - 6:15pm CYCLE 45 Amanda R</p> <p>6:30pm - 7:25pm CYCLE 55 Jess R</p>	<p>7:15am - 8am CYCLE 45 Christina G</p> <p>9:30am - 10:15am CYCLE 45 Anastasia S</p> <p>12pm - 12:30pm CYCLE 30 Paige A</p> <p>3pm - 3:55pm CYCLE 55 Jess R</p>	<p>10am - 10:55am CYCLE 55 Rotating Instructors</p> <p>1/28 Battle of the Boy Bands 2/4 Mashup Madness 2/11 Super Bowl Pregame: Rhianna 2/18 Evolution of Miley 2/25 Bieber Fever 3/4 Ariana Grande 3/11 Country Ride 4/1 Drake & Friends 4/8 Girl Bosses 4/15 Taylor Swift 4/22 Disney Throwbacks 4/29 Tandem Ride: Boy vs. Girl Bands 5/6 Texas's Finest 5/13 Rave</p>	<p>11am - 11:55am CYCLE 55 Christina G</p> <p>5pm - 5:45pm CYCLE 45 Kaitlyn R</p>
REGENTS - MULTIPURPOSE ROOM						
<p>11 - 11:45am HIIT Molly S</p> <p>4:30pm - 5:30pm BODYPUMP Anna T</p> <p>5:45pm - 6:15pm LES MILLS CORE Natalie S</p>	<p>7:15am - 8:15am BODYPUMP Elise P</p> <p>9am - 9:45am HATHA YOGA Christina D</p> <p>4:30pm - 5:15pm YOGA FLOW Brady D & Jordan S</p> <p>5:30pm - 6:30pm BODYPUMP Molly S</p>	<p>5:45pm - 6:15pm LES MILLS CORE Ava M</p> <p>6:30pm - 7:30pm BODYCOMBAT Ava T</p>	<p>9am - 9:45am YOGA RESTORE Christina D</p> <p>4:30pm - 5:15pm YOGA FLOW Sarah E</p>	<p>1pm-2pm YOGA FLOW Vienne L</p> <p>4:15pm - 5:15pm POWER YOGA Dan L</p>	<p>10:15am - 11:15am BODYPUMP Rebekah E</p> <p>11:30am - 12:30pm YOGA RESTORE Sole C</p>	<p>12:15pm-1:15pm YOGA FLOW Dulcinia R</p> <p>6pm - 7pm YOGA FLOW Dan L</p>



NO CLASSES: Spring Break 3/18-3/26
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes