



# GROUP FITNESS SCHEDULE

## SPRING 2024, 1/24 - 5/15

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EPPLEY RECREATION CENTER - FITNESS STUDIO</b>						
<p>8:00am - 9:00am <b>BODYPUMP</b> Abby E</p> <p>12pm - 12:30pm <b>Les Mills Core</b> Ava M</p> <p>5pm - 6pm <b>BODYCOMBAT</b> Ava T</p> <p>6:15pm - 7:15pm <b>BODYPUMP</b> Meira K</p> <p>7:30pm - 8:15pm <b>PILATES</b> Dora S</p> <p>8:30pm - 9:15pm <b>DANCE FIT</b> Raquel Z</p>	<p>7:15am - 8:15am <b>BODYCOMBAT</b> Isabella D</p> <p>4pm - 4:45pm <b>BARRE</b> Antonia D</p> <p>6pm - 7pm <b>BODYCOMBAT</b> Louie G</p> <p>7:15pm - 8pm <b>ZUMBA</b> Louisa N</p>	<p>8:00am - 9:00am <b>BODYPUMP</b> Anna T</p> <p>12pm-12:45 <b>POWER YOGA FUSION</b> Avital D</p> <p>4:30pm - 5:30pm <b>BODYCOMBAT</b> Isabella D</p> <p>6:15pm - 7:15pm <b>BODYPUMP</b> Louie G</p> <p>7:30pm - 8:15pm <b>PILATES</b> Dora S</p> <p>8:30pm - 9:15pm <b>DANCE FIT</b> Amy R</p>	<p>4pm - 4:45pm <b>BARRE</b> Jordan B</p> <p>5pm - 5:30pm <b>LES MILLS CORE</b> Ava M</p> <p>6pm - 7pm <b>BODYCOMBAT</b> Ava T</p> <p>7:15pm - 8pm <b>ZUMBA</b> Louisa N</p>	<p>8:00am - 9:00am <b>BODYPUMP</b> Anna T</p> <p>12pm - 1pm <b>BODYPUMP</b> Lily C</p> <p>5-5:45pm <b>BARRE</b> Louisa N.</p>	<b>NO CLASSES</b>	
<b>EPPLEY RECREATION CENTER - TRAINING STUDIO</b>						
<p>7:15am - 8am <b>UBOX45</b> Noam J</p> <p>4pm - 4:45pm <b>UBOX45</b> Kristen B</p> <p>6pm - 6:45pm <b>UBOX45</b> Rachel W</p> <p>7pm - 8pm <b>BOXING CONDITIONING</b> Anish K</p>	<p>5pm - 6pm <b>UBOX60</b> Autumn H</p> <p>6:30pm-7:15pm <b>STRENGTH AND CONDITIONING</b> Sarah D</p>	<p>4pm-4:45pm <b>UBOX45</b> Autumn H</p> <p>6pm-6:45pm <b>UBOX45</b> Sydney J</p> <p>7pm - 8pm <b>BOXING CONDITIONING</b> Anish K</p>	<p>7:15am - 8am <b>UBOX45</b> Noam J</p> <p>5-6pm <b>UBOX60</b> Rachel W</p> <p>6:30pm - 7:15pm <b>STRENGTH AND CONDITIONING</b> Sarah D</p>	<p>3pm - 3:45pm <b>UBOX45</b> Kristen B</p>	<b>NO CLASSES</b>	
<b>EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY</b> NO CLASSES: February 8th, February 15th, March 7th, March 14th						
<p>6:30pm - 7:30pm <b>YOGA FLOW</b> Dulce R</p>	<p>5pm-6pm <b>YOGA RESTORE</b> Sole C</p> <p>7pm - 8pm <b>YOGA FLOW</b> Cassidy E</p>	<p>5pm - 6pm <b>YOGA FLOW</b> Ayden H</p> <p>6:30pm - 7:30pm <b>POWER YOGA</b> Dulce R</p>	<p>5pm-6pm <b>YOGA RESTORE</b> Sole C</p> <p>7pm - 8pm <b>YOGA FLOW</b> Melinda T</p>	<b>NO CLASSES</b>		<b>NO CLASSES</b>

**NO CLASSES: Spring Break 3/16-3/24**

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



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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>REGENTS - CYCLE STUDIO</b>						
<p>7:15am - 8am <b>CYCLE 45</b> Erin C</p> <p>10am - 10:45am <b>CYCLE 45</b> Grayce M</p> <p>12pm - 12:45pm <b>CYCLE 45</b> So Eun K</p> <p>4:30pm - 5:15pm <b>CYCLE 45</b> Kaitlyn R</p> <p>5:30pm - 6:15pm <b>CYCLE 45</b> Helen C</p> <p>6:30pm - 7:15pm <b>CYCLE 45</b> Rachael O</p> <p>7:30pm-8:15pm <b>CYCLE 45</b> Alaina H.</p> <p>8:30pm - 9:15pm <b>CYCLE 45</b> Skyler S</p>	<p>7am - 7:30am <b>CYCLE 30</b> Anastasia S</p> <p>10am - 10:45am <b>CYCLE 45</b> So Eun K</p> <p>3:30pm - 4:15pm <b>CYCLE 45</b> Elyana F</p> <p>5pm - 5:45pm <b>CYCLE 45</b> Nate S</p> <p>6:30pm - 7:25pm <b>CYCLE 55</b> Heather G</p>	<p>7:15am - 8am <b>CYCLE 45</b> Helen C</p> <p>10am - 10:45am <b>CYCLE 45</b> Skyler S</p> <p>12pm - 12:30pm <b>CYCLE 30</b> Bailey S</p> <p>4pm - 4:30pm <b>CYCLE 30</b> Heather G</p> <p>5pm - 5:55pm <b>CYCLE 55</b> Anastasia S</p> <p>6:30pm - 7:15pm <b>CYCLE 45</b> Grayce M</p> <p>7:30pm - 8:15pm <b>CYCLE 45</b> Kaitlyn R</p>	<p>7am - 7:30am <b>CYCLE 30</b> Shoshana F</p> <p>10am - 10:45am <b>CYCLE 45</b> Maya Z</p> <p>3:30pm-4:15pm <b>CYCLE 45</b> Rachael O</p> <p>5pm - 5:45pm <b>CYCLE 45</b> Nate S</p> <p>6:30pm - 7:25pm <b>CYCLE 55</b> Emma S</p> <p>8pm-8:45pm <b>CYCLE 45</b> Alaina H.</p>	<p>7:15am - 8am <b>CYCLE 45</b> Emma S</p> <p>10am - 10:45am <b>CYCLE 45</b> Shoshana F</p> <p>12pm - 12:30pm <b>CYCLE 30</b> Deborah Z</p> <p>3pm - 3:45pm <b>CYCLE 45</b> Maya Z</p>	<p>10am - 10:55am <b>CYCLE 55</b> Rotating Instructors</p> <p>1/27 Rap &amp; HipHop 2/3 2010s Rewind 2/10 Female Icons 2/17 Disney Remix 2/24 Hot Girl Winter 3/2 Abba 3/9 Ex Wars (Taylor's Version) 3/30 Rave 4/6 Drake &amp; Friends 4/13 Barbie 4/20 Miley Cyrus vs Hannah Montana 4/27 EDM 5/4 "Schools out for Summer" - High School Musical 5/11 Featured Hits</p>	<p>11am - 11:55am <b>CYCLE 55</b> Shoshana F</p> <p>5pm - 5:45pm <b>CYCLE 45</b> Kaitlyn R</p>
<b>REGENTS - MULTIPURPOSE ROOM</b>						
<p>9am - 9:45am <b>YOGA FLOW</b> Jordan S</p> <p>4:30pm - 5:30pm <b>BODYPUMP</b> Molly S</p>	<p>6pm - 6:30pm <b>LES MILLS CORE</b> Valerie M</p>	<p>9am - 9:45am <b>YOGA FLOW</b> Maggie P</p> <p>4:30pm - 5:30pm <b>BODYPUMP</b> Kaiya P</p>	<p>6pm - 6:30pm <b>LES MILLS CORE</b> Valerie M</p>	<p>4pm - 5pm <b>YOGA FLOW</b> Cassidy E</p>	<p>10:15am - 11:15am <b>BODYPUMP</b> Lily C</p> <p>11:30am - 12:30pm <b>YOGA FLOW</b> Jordan S</p>	<p>7pm - 8pm <b>YOGA RESTORE</b> Brady D</p>



**NO CLASSES:** Spring Break 3/16-3/24  
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RITCHIE- MULTUPURPOSE ROOM						
5pm - 5:45pm <b>BARRE</b> Jordan B	5:30pm-6:15pm <b>HATHA YOGA</b> Vienne L	5pm - 5:45pm <b>BARRE</b> Molly S	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
6pm - 6:45pm <b>HIIT</b> Jenny L		6pm - 6:45pm <b>HIIT</b> Sarah D				



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