



# GROUP FITNESS SCHEDULE

## FALL 2024, 8/26 - 12/13

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EPPLEY RECREATION CENTER - FITNESS STUDIO</b>						
8:00am - 9:00am <b>BODYPUMP</b> Terrence B.  4:00pm-4:45pm <b>ZUMBA</b> Amy R.  5:00pm-5:30pm <b>LES MILLS CORE</b> Ava M.  6:00pm-7:00pm <b>BODYPUMP</b> Meg V.  7:15pm-8:00pm <b>BARRE</b> Ginger A.	4:30pm-5:30pm <b>BODYPUMP</b> Abby L. / Catherine L.  6:00pm-7:00pm <b>BODYCOMBAT</b> Ava T.  7:15pm-8:00pm <b>PILATES</b> Anastasia S.  8:30pm-9:15pm <b>ZUMBA</b> Louisa N.	8:00am - 9:00am <b>BODYPUMP</b> Anna T  12:00pm-12:45pm <b>BODYCOMBAT</b> Sahar K.  4:00pm-4:45pm <b>ZUMBA</b> Amy R.  5:00pm-5:30pm <b>LES MILLS CORE</b> Ava M.  6:00pm-7:00pm <b>BODYPUMP</b> Abby L.  7:15pm-8:00pm <b>Pilates</b> Meghan R.	4:30pm-5:30pm <b>BODYPUMP</b> Catherine L.  6:00pm-7:00pm <b>BODYCOMBAT</b> Ava T.  7:15PM-8:00PM <b>PILATES</b> Anastasia S./Meghan R.  8:30pm-9:30pm <b>BODYPUMP</b> Anna T.	8:00am - 9:00am <b>BODYCOMBAT</b> Sahar K.  12:00pm -12:45pm <b>BODYPUMP</b> Melissa M./ Meg V.  4:00pm-4:45pm <b>PILATES</b> Dora S.  5-5:45pm <b>BARRE</b> Louisa N./ Ginger A.	<b>NO CLASSES</b>	5:00pm - 6:00pm <b>BODYPUMP</b> Catherine L.  6:15pm - 7:00pm <b>BARRE</b> Ru S.  7:30pm-8:15pm <b>ZUMBA</b> Louisa N.
<b>EPPLEY RECREATION CENTER - TRAINING STUDIO</b>						
4:00pm - 4:45pm <b>UBOX45</b> Melissa M./Davi J.  5:00pm-6:00pm <b>UBOX60</b> Anish K./ Noam J.  6:30PM-7:15PM <b>STRENGTH AND CONDITIONING</b> Sarah D.	7:00am-7:45am <b>UBOX45</b> Noam J.  8:00pm-8:45pm <b>HIIT</b> Steve V.	5:00pm-6:00pm <b>BOXING</b> <b>CONDITIONING</b> Anish K.  6:30pm-7:15pm <b>STRENGTH AND CONDITIONING</b> Sarah D.	7:00am-7:45am <b>UBOX45</b> Davi J.  6:00pm-6:45pm <b>STRENGTH AND CONDITIONING</b> Steve V.	3pm - 3:45pm <b>UBOX45</b> Anish K.	<b>NO CLASSES</b>	6pm - 7pm <b>BOXING</b> <b>CONDITIONING</b> Anish K.
<b>EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY</b>						
<b>NO CLASSES: 12/5 and 12/12</b>						
5:00pm-6:00pm <b>YOGA FLOW</b> Avital D.  6:30pm-7:30pm <b>POWER YOGA</b> Dulce R.	4:30PM-5:30PM <b>POWER YOGA</b> Chloe R.  6:30pm-7:30pm <b>YOGA FLOW</b> Cassidy E.	5pm - 6pm <b>YOGA FLOW</b> Myles A.  6:30pm - 7:30pm <b>POWER YOGA</b> Lindsey W.	4:30pm-5:30pm <b>POWER YOGA</b> Chloe R.		<b>NO CLASSES</b>	<b>NO CLASSES</b>

**NO CLASSES: Labor Day 9/2 Thanksgiving Break 11/27- 12/1**

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



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**STUDENT AFFAIRS**  
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## FALL 2024, 8/26 - 12/13

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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REGENTS - CYCLE STUDIO  
NO CLASS 11/10 at 11:00am

<p>7:15am - 8:00am <b>RHYTHM RIDE 45</b> Devorah Z.</p> <p>10am - 10:45am <b>TERPRIDE 45</b> Maya Z.</p> <p>4:00pm - 4:45pm <b>RHYTHM RIDE 45</b> Heather G.</p> <p>5:00pm - 5:45pm <b>TERPRIDE 45</b> Helen C. /Haley M.</p> <p>6:00pm - 6:45pm <b>TERPRIDE 45</b> Elyana F. Elise R.</p> <p>7:00pm - 7:45pm <b>RHYTHM RIDE 45</b> Amanda L.</p> <p>8:00pm - 8:45pm <b>RHYTHM RIDE 45</b> Jordan B.</p>	<p>7:00am - 7:30am <b>TERPRIDE 30</b> Shoshana F.</p> <p>10am - 10:45am <b>TERPRIDE 45</b> Bailey S./ Grace S.</p> <p>12:00pm-12:45pm <b>TERPRIDE 45</b> Katie N.</p> <p>3:30pm - 4:00pm <b>RHYTHM RIDE 30</b> Kelly A.</p> <p>4:30pm-5:15pm <b>TERPRIDE 45</b> Kelsi W.</p> <p>5:30pm - 6:15pm <b>TERPRIDE 45</b> Maya E.</p> <p>6:30pm-7:25pm <b>RHYTHM RIDE 55</b> Emma S/ Lexi U.</p> <p>8:30pm - 9:00pm <b>RHYTHM RIDE 30</b> Carolyn S.</p>	<p>7:15am - 8:00am <b>RHYTHM RIDE 45</b> Kate S.</p> <p>10am - 10:45am <b>RHYTHM RIDE 45</b> Emma S.</p> <p>4pm - 4:30pm <b>RHYTHM RIDE 30</b> Bailey S.</p> <p>5pm - 5:45pm <b>RHYTHM RIDE 45</b> Carolyn S.</p> <p>6:00pm - 6:45pm <b>RHYTHM RIDE 45</b> Heather G.</p> <p>7:00pm - 7:45pm <b>RHYTHM RIDE 45</b> Anastasia S./Abby S.</p> <p>8:00pm - 8:45pm <b>RHYTHM RIDE 45</b> Jordan B.</p>	<p>7am - 7:30am <b>TERPRIDE 30</b> Helen C.</p> <p>10am - 10:45am <b>RHYTHM RIDE 45</b> Grace S.</p> <p>12:00pm-12:45pm <b>TERPRIDE 45</b> Shoshana F.</p> <p>3:30pm - 4:00pm <b>RHYTHM RIDE 30</b> Lexi U.</p> <p>4:30pm-5:15pm <b>RHYTHM RIDE 45</b> Kate S.</p> <p>5:30pm - 6:15pm <b>TERPRIDE 45</b> Maya E.</p> <p>6:30pm-7:25pm <b>TERPRIDE 55</b> Elyana F.</p> <p>8:15pm - 8:45pm <b>RHYTHM RIDE 30</b> Devorah Z.</p>	<p>7:15am - 8am <b>TERPRIDE 45</b> Haley M.</p> <p>10am - 10:45am <b>TERPRIDE 45</b> Maya Z.</p> <p>12pm - 12:45pm <b>TERPRIDE 45</b> Abby S.</p> <p>3pm - 3:45pm <b>RHYTHM RIDE 45</b> Kelsi W./ Kelly A.</p>	<p>10am - 10:55am <b>TERPRIDE 55</b> Rotating Instructors</p> <p>8/31 Beats of the Summer 9/7 The Era's Tour 9/14 Battle of the Exes (Taylor's version) 9/21 EDM Ride 9/28 Top Hits of 2016 10/5 Color War 10/12 Drake vs Kendrick vs Metro Boomin 10/19 Female Pop Wars 10/26 Pitbull vs Rihanna 11/2 Rap/HipHop 11/9 80's Throwbacks 11/16 Show Tunes 11/23 Taylor Swift vs Chappell Roan 12/5 Battle of the Boy Bands</p>	<p>11am - 11:55am <b>TERPRIDE 55</b> Shoshana F./Carolyn S.</p> <p>5pm - 5:45pm <b>RHYTHM RIDE 45</b> Elise R.</p>
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REGENTS - MULTIPURPOSE ROOM

<p>12:00pm-12:45pm <b>YOGA FLOW</b> Kelly S.</p> <p>5:00pm-6:00pm <b>BODYCOMBAT</b> Bella D.</p> <p>6:15pm-7:00pm <b>PILATES</b> Jasmine S./Dora S.</p>	<p>9:00am-10:00am <b>YOGA FLOW</b> Grace M.</p> <p>5:45pm-6:30pm <b>BARRE</b> Sanaz W.</p>	<p>4:00pm-5:00pm <b>BODYCOMBAT</b> Bella D.</p> <p>6:15pm-7:00pm <b>PILATES</b> Jasmine S.</p>	<p>9:00am-10:00am <b>YOGA FLOW</b> Grace M.</p> <p>5:45pm-6:30pm <b>BARRE</b> Sanaz W./ Ru S.</p>	<p>7:15am - 8:00am <b>BODYPUMP</b> Terrence B.</p> <p>4pm - 4:45pm <b>YOGA FLOW</b> Myles A.</p>	<p>11:30am - 12:30pm <b>YOGA FLOW</b> Cassidy E.</p>	<p>7pm - 8pm <b>YOGA RESTORE</b> Lindsey W.</p>
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NO CLASSES: Labor Day 9/2 Thanksgiving Break 11/27- 12/1

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RITCHIE- MULTUPURPOSE ROOM						
<b>5:30pm-6:15pm</b> <b>HATHA YOGA</b> Laila H.	<b>5:00pm-6:00pm</b> <b>YOGA FLOW</b> Melinda T.  <b>7:00pm-8:00pm</b> <b>POWER YOGA</b> Dulce R.	<b>5:30pm-6:15pm</b> <b>HATHA YOGA</b> Laila H.	<b>5:00pm-6:00pm</b> <b>YOGA FLOW</b> Avitail D.  <b>6:15pm-6:45pm</b> <b>HIIT</b> Sarah D.  <b>7:00pm-8:00pm</b> <b>POWER YOGA</b> Kelly S.	NO CLASSES	NO CLASSES	NO CLASSES



**NO CLASSES: Labor Day 9/2 Thanksgiving Break 11/27- 12/1**  
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