



# GROUP FITNESS SCHEDULE

## WINTER 2025, 1/6 - 1/24

@umdrecrewell

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>EPPLEY RECREATION CENTER - FITNESS STUDIO</b>						
<b>7:30am-8:30am</b> <b>BODYPUMP</b> Terrence B.  <b>6:00pm-7:00pm</b> <b>BODY COMBAT</b> Sahar K.	<b>5:30pm-6:15pm</b> <b>ZUMBA</b> Louisa N.  <b>6:30pm-7:15pm</b> <b>STRENGTH AND</b> <b>CONDITINOING</b> Ava T.	<b>7:30am-8:30am</b> <b>BODYPUMP</b> Terrence B.  <b>5:00pm-5:45pm</b> <b>BARRE</b> Louisa N.  <b>6:00pm-7:00pm</b> <b>BODY COMBAT</b> Ava T.	<b>4:00pm-5:00pm</b> <b>BODYCOMBAT</b> Sahar K.  <b>5:30pm-6:15pm</b> <b>ZUMBA</b> Louisa N.  <b>6:30pm-7:15pm</b> <b>STRENGTH AND</b> <b>CONDITIONING</b> Ava T.	NO CLASSES	NO CLASSES	NO CLASSES
<b>EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY</b>						
<b>5:30PM-6:30PM</b> <b>POWER YOGA</b> Cassidy E.	<b>6:00pm-7:00pm</b> <b>YOGA FLOW</b> Lindsey W.	<b>12:00PM-12:45PM</b> <b>HATHA YOGA</b> Cassidy E.	<b>6:00pm-7:00pm</b> <b>YOGA RESTORE</b> Lindsey W.	NO CLASSES	NO CLASSES	NO CLASSES
<b>REGENTS - CYCLE STUDIO</b>						
<b>5:15pm-6:00pm</b> <b>TERPRIDE 45</b> Abby S.	<b>12:00pm-12:45pm</b> <b>TERPRIDE 45</b> Kate S.	<b>5:15pm-6:00pm</b> <b>TERPRIDE 45</b> Abby S.	<b>12:00pm-12:45pm</b> <b>TERPRIDE 45</b> Kate S.	<b>7:15am-8am</b> <b>TERPRIDE 45</b> Kate S.	NO CLASSES	NO CLASSES
<b>REGENTS - MULTIPURPOSE ROOM</b>						
NO CLASSES	<b>7:00am-7:45am</b> <b>YOGA FLOW</b> Kristen C.	<b>7:00am-7:45am</b> <b>YOGA FLOW</b> Kristen C.	NO CLASSES	<b>3:00pm-3:45pm</b> <b>YOGA FLOW</b> Cassidy E.	NO CLASSES	NO CLASSES

**NO CLASSES: MLK DAY 1/20/25**

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



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