



GROUP FITNESS SCHEDULE

SPRING 2025 1/27-5/16

@umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:30am - 8:30am BODY PUMP Terrence B.	4:00pm-4:45pm BARRE Sanaz W.	7:30am - 8:30am BODY PUMP Terrence B.	7:30am - 8:15am PILATES Anastasia S.	12pm - 1:00pm BODYCOMBAT Bella D.	NO CLASSES	6:00pm - 7:00pm BODYPUMP Catherine L.
4:30pm-5:15pm STRENGTH AND CONDITIONING Ava T.	5:00pm-5:30pm LES MILLS CORE Ava M.	4:30pm-5:15pm STRENGTH AND CONDITIONING Ava T.	4:00pm - 4:45pm BARRE Sanaz W.	4:00pm - 4:45pm BARRE Louisa N.		
5:30pm-6:15pm BARRE Ginger A.	6:00pm-6:45pm ZUMBA Louisa N.	5:30pm-6:15pm BARRE Ginger A.	5:00pm - 5:30pm LES MILLS CORE Ava M.	5:00pm - 6:00pm BODYPUMP Catherine L.		
6:30pm-7:30pm BODYPUMP Catherine L.	7:00pm-8:00pm BODYCOMBAT Ava T.	6:30pm-7:30pm BODYPUMP Meg V.	6:00pm - 6:45pm ZUMBA Louisa N./Aislinn S.			
7:45pm - 8:30pm DANCE FIT Amy R.	8:15pm - 9:00pm PILATES Dora S./ Kaye T.	7:45pm - 8:30pm DANCE FIT Amy R.	7:00pm - 8:00pm BODYCOMBAT Bella D.	8:15pm - 9:00pm PILATES Dora S.		
EPPLEY RECREATION CENTER - TRAINING STUDIO						
NO CLASSES	7:00am - 7:45am UBOX45 Davi J.	4:30pm - 5:15pm UBOX45 Noam J.	7:00am - 7:45am UBOX45 Davi J.	NO CLASSES	NO CLASSES	NO CLASSES
	6:00pm-6:45pm UBOX45 Noam J.		4:00pm - 4:45pm UBOX45 Sai B.			
			5:00pm-6:00pm BOXING CONDITIONING Sai B.			
EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY						
1/31,2/21,3/6,3/7,3/13,3/14						
5:30pm-6:30pm POWER YOGA Avital D.	4:30pm-5:15pm YOGA FLOW Grace M.	5:30pm-6:30pm POWER YOGA Avital D.	4:30pm-5:15pm YOGA FLOW Laila H.	NO CLASSES	NO CLASSES	NO CLASSES
7:00pm - 7:45pm YOGA RESTORE Cassidy E.	6:00pm-6:45pm HATHA YOGA Laila H.	7:00pm - 7:45pm YOGA RESTORE Melinda T.	6:00pm-7:00pm HATHA YOGA Grace M./Sam D.			



NO CLASSES: Spring Break (3/15-3/23)
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REGENTS - CYCLE STUDIO

7:15am - 8am
RHYTHM RIDE 45
Anastasia S./Mallory S.

10:00am - 10:45am
RHYTHM RIDE 45
Bailey S.

12:00pm - 12:45pm
TERPRIDE 45
Maya Z./ Marisa P.

3:30pm-4:00pm
RHYTHM RIDE 30
Kelsi W.

4:15pm-5:00pm
RHYTHM RIDE 45
Amanda L.

5:15pm - 6:10pm
RHYTHM RIDE 55
Elise R.

6:30pm - 7:15pm
TERPRIDE 45
Erin C.

7:30pm - 8:15pm
TERPRIDE 45
Shoshana F./ Grace O.

8:30pm-9:00pm
RHYTHM RIDE 30
Lexi U.

7:00am - 7:30am
RHYTHM RIDE 30
Grace S.

10:00am - 10:45am
RHYTHM RIDE 45
Kate S.

12:00pm-12:45pm
TERPRIDE 45
Marisa P.

3:30PM-4:15PM
TERPRIDE 45
Haley M.

4:30pm - 5:00pm
RHYTHM RIDE 30
Devorah Z.

5:30pm - 6:15pm
RHYTHM RIDE 45
Emma S.

6:30pm - 7:15pm
RHYTHM RIDE 45
Heather G.

7:30pm-8:15pm
TERPRIDE 45
Katie N.

7:15am - 8am
TERPRIDE 45
Maya E.

10:00am - 10:45am
RHYTHM RIDE 45
Kelsi W.

12:00pm - 12:45pm
RHYTHM RIDE 45
Emma S./ Ella B.

3:30pm-4:00pm
RHYTHM RIDE 30
Grace S.

4:15pm - 5:00pm
TERPRIDE 45
Haley M.

5:15pm - 6:10pm
TERPRIDE 55
Shoshana F.

6:30pm - 7:15pm
RHYTHM RIDE 45
Carolyn S./ Somiron K.

7:30pm - 8:15pm
RHYTHM RIDE 45
Amanda L.

8:30pm-9:00pm
TERPRIDE 30
Abby S.

7:00am - 7:30am
RHYTHM RIDE 30
Erin C.

10:00am - 10:45am
TERPRIDE 45
Bailey S.

12:00pm-12:45pm
TERPRIDE 45
Kate S.

3:30pm - 4:15pm
RHYTHM RIDE 45
Devorah Z.

4:30pm - 5:00pm
TERPRIDE 30
Katie N.

5:30pm - 6:15pm
RHYTHM RIDE 45
Heather G./ Lindsey W.

6:30pm - 7:15pm
TERPRIDE 45
Maya Z.

7:15am - 8:00am
RHYTHM RIDE 45
Kate S.

10:00am -10:45am
TERPRIDE45
Maya E.

12:00pm - 12:45pm
RHYTHM RIDE 45
Lexi U.

3:00pm - 3:45pm
TERPRIDE 45
Abby S.

10am - 10:55am
TERPRIDE 55
Rotating Instructors

2/1-EDM

2/8- Musical Theater

2/15- ABAA Cycle

2/22-TBD

3/1- Coachella 2016

3/8- TBD

3/29- Disney

4/5- RapCaviar

4/12 Kendrick X Kanye

4/19- Miley Cyrus vs Hannah Montana

4/26- Kesha X Lady Gaga

5/3 Country Ride

5/10- Swifties Cycle

11:00am - 11:55am
Rhythm Ride 55
Carolyn S.

5:00pm - 5:45pm
Rhythm Ride 45
Elise R.

REGENTS - MULTIPURPOSE ROOM

9:00am - 9:45am
YOGA FLOW
Luciana P.

4:30PM-5:30PM
BODYPUMP
Meg V.

6:30pm-7:15pm
PILATES
Meghan R.

5:30pm - 6:30pm
BODYPUMP
Abby L.

9:00am - 9:45am
YOGA FLOW
Lindsey W./ Luciana P.

4:30pm - 5:30pm
BODYPUMP
Morgan T.

6:30PM-7:15PM
PILATES
Meghan R.

5:30pm-6:30pm
BODYPUMP
Abby L.

4:00pm-4:45pm
YOGA FLOW
Cassidy E.

10:15am - 11:15am
BODYPUMP
Morgan T.

11:30am - 12:30pm
YOGA FLOW
Dulce R.

6:00pm - 7:00pm
YOGA RESTORE
Lindsey W.



NO CLASSES: Spring Break (3/15-3/23)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RITCHIE MULTIPURPOSE ROOM						
5:00pm-5:45pm PILATES Jasmine R. 6:30pm-7:30pm POWER YOGA Dulce R.	5:00pm-6:00pm POWER YOGA Melinda T. 6:15pm-7:00pm BARRE Ru S.	5:00pm-5:45pm PILATES Jasmine R. 6:30pm-7:30pm YOGA FLOW Cassidy E.	5:00pm-6:00pm POWER YOGA Kelly S. 6:15pm-7:00pm BARRE Ru S.		NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - INDOOR AQUATIC CENTER						
NO CLASSES	2:00pm-2:45pm PADDLEBOARD FITNESS Kelly S./ Sam D.	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES

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