



GROUP FITNESS SCHEDULE

SPRING 2025 1/27-5/16

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



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

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



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STUDENT AFFAIRS
 UNIVERSITY RECREATION & WELLNESS



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SPRING 2025 1/27-5/16

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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REGENTS - CYCLE STUDIO

<p>7:15am - 8am RHYTHM RIDE 45 Anastasia S./Mallory S.</p> <p>10:00am - 10:45am RHYTHM RIDE 45 Bailey S.</p> <p>12:00pm - 12:45pm TERPRIDE 45 Maya Z./ Marisa P.</p> <p>3:30pm-4:00pm RHYTHM RIDE 30 Kelsi W.</p> <p>4:15pm-5:00pm RHYTHM RIDE 45 Amanda L.</p> <p>5:15pm - 6:10pm RHYTHM RIDE 55 Elise R.</p> <p>6:30pm - 7:15pm TERPRIDE 45 Erin C.</p> <p>7:30pm - 8:15pm TERPRIDE 45 Shoshana F./ Grace O.</p> <p>8:30pm-9:00pm RHYTHM RIDE 30 Lexi U.</p>	<p>7:00am - 7:30am RHYTHM RIDE 30 Grace S.</p> <p>10:00am - 10:45am RHYTHM RIDE 45 Kate S.</p> <p>12:00pm-12:45pm TERPRIDE 45 Marisa P.</p> <p>3:30PM-4:15PM TERPRIDE 45 Haley M.</p> <p>4:30pm - 5:00pm RHYTHM RIDE 30 Devorah Z.</p> <p>5:30pm - 6:15pm RHYTHM RIDE 45 Emma S.</p> <p>6:30pm - 7:15pm RHYTHM RIDE 45 Heather G.</p> <p>7:30pm-8:15pm TERPRIDE 45 Katie N.</p>	<p>7:15am - 8am TERPRIDE 45 Maya E.</p> <p>10:00am - 10:45pm RHYTHM RIDE 45 Kelsi W.</p> <p>12:00pm - 12:45pm RHYTHM RIDE 45 Emma S./ Ella B.</p> <p>3:30pm-4:00pm RHYTHM RIDE 30 Grace S.</p> <p>4:15pm - 5:00pm TERPRIDE 45 Haley M.</p> <p>5:15pm - 6:10pm TERPRIDE 55 Shoshana F.</p> <p>6:30pm - 7:15pm RHYTHM RIDE 45 Carolyn S./ Somiron K.</p> <p>7:30pm - 8:15pm RHYTHM RIDE 45 Amanda L.</p> <p>8:30pm-9:00pm TERPRIDE 30 Abby S.</p>	<p>7:00am - 7:30am RHYTHM RIDE 30 Erin C.</p> <p>10:00am - 10:45am TERPRIDE 45 Bailey S.</p> <p>12:00pm-12:45pm TERPRIDE 45 Kate S.</p> <p>3:30pm - 4:15pm RHYTHM RIDE 45 Devorah Z.</p> <p>4:30pm - 5:00pm TERPRIDE 30 Katie N.</p> <p>5:30pm - 6:15pm RHYTHM RIDE 45 Heather G./ Lindsey W.</p> <p>6:30pm - 7:15pm TERPRIDE 45 Maya Z.</p>	<p>7:15am - 8:00am RHYTHM RIDE 45 Kate S.</p> <p>10:00am -10:45am TERPRIDE45 Maya E.</p> <p>12:00pm - 12:45pm RHYTHM RIDE 45 Lexi U.</p> <p>3:00pm - 3:45pm TERPRIDE 45 Abby S.</p>	<p>10am - 10:55am TERPRIDE 55 Rotating Instructors</p> <p>2/1-EDM</p> <p>2/8- Musical Theater</p> <p>2/15- ABAA Cycle</p> <p>2/22-RAVE Hits</p> <p>3/1- Coachella 2016</p> <p>3/8- Color Wars</p> <p>3/29- Disney</p> <p>4/5- RapCaviar</p> <p>4/12 Kendrick X Kanye</p> <p>4/19- Miley Cyrus vs Hannah Montana</p> <p>4/26- Kesha X Lady Gaga</p> <p>5/3 Country Ride</p> <p>5/10- Swifties Cycle</p>	<p>11:00am - 11:55am Rhythm Ride 55 Carolyn S.</p> <p>5:00pm - 5:45pm Rhythm Ride 45 Elise R.</p>
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REGENTS - MULTIPURPOSE ROOM

<p>9:00am - 9:45am YOGA FLOW Luciana P.</p> <p>4:30PM-5:30PM BODYPUMP Meg V.</p> <p>6:30pm-7:15pm PILATES Meghan R.</p>	<p>5:30pm - 6:30pm BODYPUMP Abby L.</p>	<p>9:00am - 9:45am YOGA FLOW Lindsey W./ Luciana P.</p> <p>4:30pm - 5:30pm BODYPUMP Morgan T.</p> <p>6:30PM-7:15PM PILATES Meghan R.</p>	<p>5:30pm-6:30pm BODYPUMP Abby L.</p>	<p>4:00pm-4:45pm YOGA FLOW Cassidy E.</p>	<p>10:15am - 11:15am BODYPUMP Morgan T.</p> <p>11:30am - 12:30pm YOGA FLOW Dulce R.</p>	<p>6:00pm - 7:00pm YOGA RESTORE Lindsey W.</p>
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NO CLASSES: Spring Break (3/15-3/23)

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



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Instagram and Facebook icons followed by @umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RITCHIE MULTUPURPOSE ROOM						
5:00pm-5:45pm PILATES Jasmine S.	5:00pm-6:00pm POWER YOGA Melinda T.	5:00pm-5:45pm PILATES Jasmine S.	5:00pm-6:00pm POWER YOGA Kelly S.	NO CLASSES	NO CLASSES	NO CLASSES
6:30pm-7:30pm POWER YOGA Dulce R.	6:15pm-7:00pm BARRE Ru S.	6:30pm-7:30pm YOGA FLOW Cassidy E.	6:15pm-7:00pm BARRE Ru S.			
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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