



GROUP FITNESS SCHEDULE

SUMMER 2025, 06/02 - 07/11

SESSION 1

@umdfitness

MON	TUES	WED	THURS	FRI	SAT	SUN
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:30am - 8:30am BODY PUMP Terrence B.	5:30pm - 6:15pm ZUMBA Louisa N.	7:30am - 8:30am BODY PUMP Terrence B.	5:30pm - 6:15pm ZUMBA Louisa N.	12pm - 12:45pm BODY PUMP Morgan T.	NO CLASSES	NO CLASSES
12pm - 12:45pm BARRE Roxanna C.	6:30pm - 7:15pm BARRE Roxanna C.	6:15pm-7:00pm DANCE FIT Shaun C.	6:30pm - 7:15pm BARRE Roxanna C.	5pm - 5:45pm BARRE Louisa N.		
5:00pm-6:00pm BODY PUMP Morgan T.						
6:15pm-7:00pm DANCE FIT Shaun C.						
EPPLEY RECREATION CENTER - NATATORIUM STUDIO						
NO CLASSES	9am - 10:00am YOGA FLOW Melissa M.	NO CLASSES	9am - 10:00am YOGA FLOW Sam D.	NO CLASSES	NO CLASSES	NO CLASSES
REGENTS - CYCLE STUDIO						
6:30pm - 7:15pm TERP RIDE 45 Mallory S.	7:30am - 8:15am RHYTHM RIDE 45 Carolyn S. 5pm - 5:45pm RHYTHM RIDE 45 Kelsi. W	12pm-12:45pm RHYTHM RIDE 45 Carolyn S. 6:00pm - 6:45pm TERP RIDE 45 Helen C.	7:30am - 8:15am RHYTHM RIDE 45 Carolyn S. 5pm - 5:45pm RHYTHM RIDE 45 Kelsi. W	7:30am - 8:15am RHYTHM RIDE 45 Helen C. 3pm - 3:45pm TERP RIDE 45 Mallory S.	NO CLASSES	NO CLASSES
OAC: OUTDOOR AQUATIC CENTER						
NO CLASSES	NO CLASSES	NO CLASSES	3:30PM-4:15PM PADDLE BOARD FITNESS Sam D.	NO CLASSES	NO CLASSES	NO CLASSES



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

NO CLASSES: JUNETEENTH 06/19/25, INDEPENDENCE DAY 07/04/25

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



GROUP FITNESS SCHEDULE

SUMMER 2025, 07/14 - 08/22

SESSION 2

@umdfitness

MON	TUES	WED	THURS	FRI	SAT	SUN
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:30am - 8:30am BODY PUMP Terrence B.	6:30pm - 7:15pm BARRE Roxanna C.	7:30am - 8:30am BODY PUMP Terrence B.	6:30pm - 7:15pm BARRE Roxanna C.	12pm - 12:45pm BODY PUMP Morgan T.	NO CLASSES	NO CLASSES
12pm - 12:45pm BARRE Roxanna C.		6:15pm-7:00pm DANCE FIT Shaun C.				
5:00pm-6:00pm BODY PUMP Morgan T.						
6:15pm-7:00pm DANCE FIT Shaun C.						
EPPLEY RECREATION CENTER - NATATORIUM STUDIO						
NO CLASSES	9am - 10:00am YOGA FLOW Melissa M.	NO CLASSES	9am - 10:00am YOGA FLOW Sam D.	NO CLASSES	NO CLASSES	NO CLASSES
REGENTS - CYCLE STUDIO						
6:30pm - 7:15pm TERP RIDE 45 Mallory S.	5pm - 5:45pm RHYTHM RIDE 45 Kelsi. W	6:00pm - 6:45pm TERP RIDE 45 Helen C.	5pm - 5:45pm RHYTHM RIDE 45 Kelsi. W	7:30am - 8:15am RHYTHM RIDE 45 Helen C.	NO CLASSES	NO CLASSES
				3pm - 3:45pm TERP RIDE 45 Mallory S.		
OAC: OUTDOOR AQUATIC CENTER						
NO CLASSES	NO CLASSES	NO CLASSES	3:30PM-4:15PM PADDLE BOARD FITNESS Sam D.	NO CLASSES	NO CLASSES	NO CLASSES



NO CLASSES: JUNETEENTH 06/19/25, INDEPENDENCE DAY 07/04/25

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



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