



FALL 2025 (9/2 - 12/15) GROUP FITNESS SCHEDULE



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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EPPLEY RECREATION CENTER - FITNESS STUDIO

4:00PM - 4:45PM BARRE STACY S.	4:00PM - 4:45PM DANCE FIT AMY R.	7:30AM - 8:30AM BODY PUMP HAYA B.	4:00PM - 4:45PM DANCE FIT AMY R.	12:00PM - 12:45PM BODYCOMBAT BELLA D.	NO CLASSES	7:15PM - 8:00PM BARRE RU S.
5:00PM - 6:00PM BODY PUMP ABBY L.	5:00PM - 5:45PM PILATES KAYE T.	12:00PM - 12:45PM PILATES JASMINE S./LAILA H.	5:00PM - 5:45PM PILATES KAYE T.	4:00PM - 4:45PM BARRE ROXANNA C.		
6:15PM - 7:00PM PILATES JASMINE S.	6:00PM - 6:30PM LES MILLS CORE NICOLE R.	4:00PM - 4:45PM BARRE STACY S./ CHLOE T.	6:00PM - 6:30PM LES MILLS CORE NICOLE R.			
8:15PM - 9:00PM DANCE FIT AISLINN S.	6:45PM - 7:45PM BODY PUMP MORGAN T.	5:00PM - 6:00PM BODY PUMP ABBY L.	6:45PM - 7:45PM BODY PUMP MORGAN T.			
	8:00PM - 8:45PM BARRE RU S./ SARA S.	6:15PM - 7:00PM PILATES MEGHAN R.	8:00PM - 8:45PM BARRE RU S.			
		7:15PM - 8:00PM BODY COMBAT BELLA D.				
		8:15PM - 9:00PM DANCE FIT AISLINN S.				

EPPLEY RECREATION CENTER - TRAINING STUDIO

7:00AM - 7:45AM UBOX45 DAVI J.	5:30PM-6:15PM UBOX45 SOFIA K.	7:00AM - 7:45AM UBOX45 DAVI J.	4:00PM - 4:45PM BOXING CONDITIONING SAI B.	3:00PM - 3:45PM BOXING CONDITIONING SAI B.	NO CLASSES	NO CLASSES
		5:00PM-6:00PM BOXING CONDITIONING SAI B.	5:30PM-6:15PM UBOX SOFIA K.			
		7:30PM-8:15PM STRENGTH AND CONDITIONING SAMANTHA D.				

EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY NO CLASS DATES: 12/4 + 12/11

5:00PM - 6:00PM YOGA FLOW LAILA H.	4:30PM - 5:15PM HATHA YOGA GRACE M.	5:00PM - 6:00PM POWER YOGA CASSIDY E.	4:30PM - 5:15PM HATHA YOGA LAILA H.	NO CLASSES	NO CLASSES	NO CLASSES
6:30PM - 7:30PM POWER YOGA DULCE R.	6:00PM - 7:00PM YOGA FLOW KELLY S.	6:30PM-7:15PM YOGA RESTORE KONTESSA R.	6:00PM - 7:00PM YOGA FLOW GRACE M.			

IMPORTANT INFO:

- NO CLASSES: October Break (11-14), Thanksgiving (November 26 - 30)
- CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes
- Please show up 5 - 10 min before class starts.



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EPPLEY RECREATION CENTER - OUTDOOR AQUATIC CENTER
****CLASSES WILL MOVE TO THE INDOOR NATATORIUM IN OCTOBER****

2:00PM - 2:45PM PADDLE BOARD FITNESS SAMANTHA D.	NO CLASSES	NO CLASSES	2:00PM - 2:45PM PADDLEBOARD FITNESS KELLY S.	NO CLASSES	NO CLASSES	NO CLASSES
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REGENTS - CYCLE STUDIO

7:15AM - 8AM RHYTHM RIDE 45 SHOSHANAH F.	7:00AM - 7:30AM RHYTHM RIDE 30 MALLORY S.	7:15AM - 8AM RHYTHM RIDE 45 AMANDA L.	7:00AM - 7:30AM RHYTHM RIDE 30 MALLORY S.	7:15AM - 8:00AM TERPRIDE 45 HELEN C.	10AM - 10:55AM TERPRIDE 55 ROTATING INSTRUCTORS	11:00AM - 11:55AM RHYTHM RIDE 55 VIVIENNE L.
10:00AM - 10:45AM TERPRIDE 45 MISHA Y.	10:00AM - 10:45AM RHYTHM RIDE 45 SOREN D.	10:00AM - 10:45AM RHYTHM RIDE 45 CAROLYN S.	10:00AM - 10:45AM RHYTHM RIDE 45 SOREN D.	10:00AM - 10:45AM RHYTHM RIDE 45 LINDSEY W.	9/6- HOUSE	5:00PM - 5:45PM RHYTHM RIDE 45 KELSI W.
3:00PM - 3:45PM RHYTHM RIDE 45 AMANDA L.	3:30PM - 4:15PM TERPRIDE 45 KATIE N.	12:00PM - 12:45PM TERPRIDE 45 MISHA Y.	3:30PM - 4:15PM TERPRIDE 45 KATIE N.	12:00PM - 12:45PM TERPRIDE 45 VIVENNE L.	9/13- 2016 SUMMER	
4:00PM - 4:30PM RHYTHM RIDE 30 LEXI U.	4:30PM - 5:00PM TERPRIDE 30 HALEY M.	4:00PM - 4:30PM RHYTHM RIDE 30 SHOSHANAH F.	4:30PM - 5:00PM RHYTHM RIDE 30 KELLY A.	3:00PM - 3:45PM TERPRIDE 45 GRACE O.	9/20- DISNEY REMIX	
5:00PM - 5:45PM CYCLE/STRENGTH BAILEY S.	5:30PM - 6:15PM TERPRIDE 45 AMANDA L.	5:00PM - 5:45PM TERPRIDE 45 ABBY S.	5:30PM - 6:15PM RHYTHM RIDE 45 LEXI U.		9/27-EDM	
6:00PM - 6:45PM TERPRIDE 45 ABBY S.	6:30PM - 7:25PM RHYTHM RIDE 55 LINDSEY W.	6:00PM - 6:45PM TERPRIDE 45 HELEN C.	7:00PM-7:45PM CYCLE/ STRENGTH BAILEY S.		10/4- PITCH PERFECT	
7:00PM - 7:45PM RHYTHM RIDE 45 CAROLYN S.		7:00PM - 7:45PM RHYTHM RIDE 45 KELSI W.	8:00PM-8:45PM TERPRIDE 45 HALEY M.		10/18- TAYLOR SWIFT	
8:00PM - 8:30PM. RHYTHM RIDE 30 KELLY A.		8:00PM - 8:30PM TERPRIDE 30 GRACE O.			10/25- TAYLOR ERAS	
					11/1- CLUB HITS	
					11/8 K-POP	
					11/15- JUSTIN VS. SELENA	
					11/22- BOY BANDS	
					12/6 FRAT PARTY ANTHEMS	
					12/13- ROCK N RIDE	

REGENTS - MULTIPURPOSE ROOM

6:00PM-7:00PM BODYPUMP MEG V.	9:00AM - 9:45AM YOGA FLOW LUCIANA P.	5:30PM - 6:15PM PILATES AMY R.	9:00AM - 9:45AM YOGA FLOW SAMANTHA D.	4:00PM-4:45PM YOGA FLOW CASSIDY E.	11:00AM - 12:00PM YOGA FLOW DULCE R.	6:00PM - 7:00PM YOGA RESTORE LUCIANA P.
	4:30PM - 5:30PM BODYPUMP HAYA B.		4:30 PM - 5:30PM BODYPUMP HAYA B.			
	5:45 PM-6:30PM BARRE TERESA E.		5:45 PM-6:30PM BARRE TERESA E.			

RITCHIE MULTUPURPOSE ROOM

5:00PM - 5:45PM BARRE ROXANNA C.	5:30PM-6:15PM STRENGTH FLOW SARA S.	5:00PM - 5:45PM BARRE ROXANNA C.	5:30PM - 6:15PM PILATES MEGHAN R./ BELLA D.	NO CLASSES	NO CLASSES	NO CLASSES
7:15PM - 8:00PM YOGA FLOW MELINDA T.	7:00PM - 7:45PM YOGA FLOW MELINDA T.	6:00PM - 7:00PM BODY PUMP MEG V.	7:00PM-8:00PM YOGA FLOW KONTESSA R.			