



# SPRING 2026 (1/26 - 5/14) GROUP FITNESS SCHEDULE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EPPLEY RECREATION CENTER - FITNESS STUDIO</b>						
<p>7:30AM - 8:30AM <b>BODY PUMP</b> ANGELI N.</p> <p>10:00AM-10:45AM <b>PILATES</b> MEGHAN R.</p> <p>4:00PM - 4:45PM <b>BARRE</b> GINGER A.</p> <p>5:00PM - 6:00PM <b>BODY PUMP</b> ABBY L.</p> <p>6:15PM - 7:00PM <b>PILATES</b> STACY S.</p> <p>7:15PM - 8:15PM <b>BODY COMBAT</b> BELLA D.</p> <p>8:30PM - 9:15PM <b>DANCE FIT</b> AISLINN S.</p>	<p>4:00PM - 4:45PM <b>PILATES</b> KAYE T.</p> <p>5:00PM - 6:00PM <b>BODY COMBAT</b> SHAYNA S.</p> <p>6:15PM - 7:15PM <b>BODY PUMP</b> ANGELI N.</p> <p>7:30PM-8:15PM <b>BARRE</b> TERESA E.</p>	<p>7:30AM - 8:30AM <b>BODY PUMP</b> HAYA B.</p> <p>12:00PM - 12:45PM <b>STRENGTH FLOW</b> GERALDINE G.</p> <p>4:00PM - 4:45PM <b>BARRE</b> GINGER A.</p> <p>5:00PM - 6:00PM <b>BODY PUMP</b> ABBY L.</p> <p>6:15PM - 7:00PM <b>PILATES</b> KAYE T.</p> <p>7:15PM - 8:15PM <b>BODY COMBAT</b> BELLA D.</p> <p>8:30PM - 9:15PM <b>DANCE FIT</b> AISLINN S.</p>	<p>4:00PM - 4:45PM <b>PILATES</b> MIA O.</p> <p>5:00PM - 6:00PM <b>BODYCOMBAT</b> SHAYNA S.</p> <p>6:15PM - 7:15PM <b>BODY PUMP</b> MEG V.</p> <p>7:30PM-8:15PM <b>BARRE</b> TERESA E.</p>	<p>12:00PM - 12:45PM <b>PILATES</b> BELLA D.</p> <p>4:00PM - 4:45PM <b>BARRE</b> STACY S.</p>	NO CLASSES	<p>5:30PM-6:15PM <b>BARRE</b> CHLOE T.</p> <p>6:30PM-7:15PM <b>PILATES</b> MIA O</p>
<b>EPPLEY RECREATION CENTER - TRAINING STUDIO</b>						
<p>7:00AM - 7:45AM <b>UBOX45</b> DAVI J.</p>	<p>4:00PM-4:45PM <b>UBOX45</b> MELISSA M.</p> <p>7:00PM-7:45PM <b>STRENGTH AND CONDITIONING</b> SAMANTHA D.</p>	<p>7:00AM - 7:45AM <b>UBOX45</b> DAVI J.</p>	<p>4:00PM-4:45PM <b>STRENGTH AND CONDITIONING</b> MISHA Y./ MELISSA M.</p>	NO CLASSES	NO CLASSES	NO CLASSES
<b>EPPLEY RECREATION CENTER - NATATORIUM STUDIO - YOGA ONLY</b> NO CLASSES 3/5 AND 3/12						
<p>5:30PM - 6:30PM <b>YOGA FLOW</b> GERALDINE G.</p> <p>7:00PM-7:45PM <b>POWER YOGA</b> DULCE R.</p>	<p>4:30PM - 5:30PM <b>HATHA YOGA</b> GERRIT V.</p> <p>6:00PM - 6:45PM <b>YOGA FLOW</b> KELLY S.</p>	<p>5:30PM - 6:30PM <b>YOGA FLOW</b> GRACE M.</p> <p>7:00PM-7:45PM <b>POWER YOGA</b> CASSIDY E.</p>	<p>4:30PM - 5:30PM <b>HATHA YOGA</b> GERRIT V.</p>	NO CLASSES	NO CLASSES	NO CLASSES

## IMPORTANT INFO:

- **NO CLASSES:** Spring Break (March 14- March 22)
- **CLASS DESCRIPTIONS:** [go.umd.edu/groupfitclasstypes](http://go.umd.edu/groupfitclasstypes)
- Please show up 5 - 10 min before class starts.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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## EPPLEY RECREATION CENTER - NATATORIUM INSTRUCTIONAL POOL

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

7:15AM - 8:00AM TERPRIDE 45 HELEN C.	7:00AM - 7:30AM RHYTHM RIDE 30 KELLY A.	7:15AM - 8:00AM TERPRIDE 45 HELEN C.	7:00AM - 7:30AM RHYTHM RIDE 30 MALLORY S.	7:15AM - 8:00AM RHYTHM RIDE 45 MISHA Y.	10AM - 10:55AM TERPRIDE 55 ROTATING INSTRUCTORS	11:00AM - 11:55AM RHYTHM RIDE 55 SOREN D.
10:00AM - 10:45AM RHYTHM RIDE 45 VIVIENNE L.	10:00AM - 10:45AM TERPRIDE 45 VIVIENNE L.	10:00AM - 10:45AM RHYTHM RIDE 45 LINDSEY W.	10:00AM - 10:45AM RHYTHM RIDE 45 KELLY A.	10:00AM - 10:45AM TERPRIDE 45 VIVIENNE L.	1/31- K-POP	5:00PM - 5:45PM RHYTHM RIDE 45 KELSI W.
4:00PM - 4:45PM RHYTHM RIDE 45 CAROLYN S.	4:30PM - 5:00PM RHYTHM RIDE 30 SHOSH F.	3:00PM - 3:45PM RHYTHM RIDE 45 CAROLYN S.	3:30PM - 4:15PM RHYTHM RIDE 45 CAROLYN S.	12:00PM - 12:45PM RHYTHM RIDE 45 LEXI U.	2/7- A RIDE THROUGH HAKWINS	
5:00PM - 5:45PM TERPRIDE 45 ABBY S.	5:30PM - 6:15PM RHYTHM RIDE 45 LINDSEY W.	4:00PM - 4:45PM RHYTHM RIDE 45 MALLORY S.	4:30PM - 5:00PM RHYTHM RIDE 30 SHOSH F.	3:00PM - 3:45PM RHYTHM RIDE 45 SOREN D.	2/14- ROMCOMS	
6:00PM - 7:00PM CYCLE STRENGTH BAILEY S.	6:45PM-7:45PM CYCLE STRENGTH MISHA Y.	5:00PM - 5:45PM TERPRIDE 45 ABBY S.	5:30PM - 6:15PM RHYTHM RIDE 45 LEXI U.		2/21- 2000'S HITS	
7:15PM - 8:00PM TERPRIDE 45 GRACE O.	8:00PM-8:45PM TERPRIDE 45 GRACE O.	6:00PM - 7:00PM CYCLE STRENGTH BAILEY S.	6:30PM-7:25PM RHYTHM RIDE 55 KELSI W.		2/28- CLUB HITS	
		7:15PM - 8:00PM RHYTHM RIDE 45 LEXI U.			3/7- FRAT PARTY	
					3/28- DISNEY REMIX	
					4/4- EDM	
					4/11 TATE MCRAE X TIESTO	
					4/18- BOY BANDS	
					4/25- 2016 VS 2026	
					5/2- RIHANNA RIDE	
					5/9- DEMI LOVATO X JONAS BROTHERS	

## REGENTS - MULTIPURPOSE ROOM

9:00AM - 9:45AM YOGA FLOW GRACE M.	4:30PM - 5:30PM BODYPUMP HAYA B.	9:00AM - 9:45AM YOGA FLOW SAMANTHA D.	4:30 PM - 5:30PM BODYPUMP HAYA B.	4:00PM-4:45PM YOGA FLOW CASSIDY E.	11:00AM - 12:00PM YOGA FLOW DULCE R.	6:00PM - 7:00PM YOGA RESTORE CASSIDY E.
5:00PM-5:45PM BARRE RU S.	5:45 PM-6:15PM LES MILLS CORE NICOLE R.	5:00PM - 5:45PM BARRE CHLOE T.	5:45 PM-6:15PM LES MILLS CORE NICOLE R.			

## RITCHIE MULTUPURPOSE ROOM

6:45PM - 7:30PM YOGA FLOW KONTESSA R.	5:00PM-6:00PM BODY PUMP MEG V.	5:45PM-6:30PM BARRE RU S.	4:00PM - 4:45PM PILATES BELLA D.	NO CLASSES	NO CLASSES	NO CLASSES
	6:15PM-7:00PM PILATES MIA O.	6:45PM-7:30PM YOGA FLOW KONTESSA R.	5:00PM - 5:45PM BARRE STACY S.			
			6:15PM - 7:00PM PILATES MEGHAN R.			