

GROUP FITNESS SCHEDULE

SUMMER 2026: 6/1 - 7/10 (SESSION I)  umdrecwell



MON	TUES	WED	THURS	FRI	SAT	SUN
EPPLEY RECREATION CENTER - FITNESS STUDIO						
9:00am-9:45am PILATES Alicia A.	5:00pm-6:00pm BODY PUMP Meg V.	9:00am-9:45am PILATES Alicia A.	5:00pm-6:00pm BODY PUMP Meg V.	5:00pm-5:45pm DANCE FIT Shuan C.	NO CLASSES	NO CLASSES
5:00pm-5:45pm ZUMBA Angela D.	6:15pm-7:00pm BARRE Roxanna C.	5:00pm-5:45pm ZUMBA Angela D.	6:15pm-7:00pm PILATES Alicia A.			
6:00pm-7:00pm BODY COMBAT Shayna S.	7:15pm-8:00pm DANCE FIT Shuan C.	6:00pm-7:00pm BODY COMBAT Shayna S.				
7:15pm-8:00pm BARRE Roxanna C.		7:15pm-8:00pm BARRE Roxanna C.				
EPPLEY RECREATION CENTER - NATATORIUM STUDIO NO CLASS DATES - 7/9, 7/16, 7/20						
12pm-12:45pm HATHA YOGA Shreya G.	9:00am-9:45am YOGA FLOW Isa R.	12pm-12:45pm HATHA YOGA Shreya G.	9:00am-9:45am YOGA FLOW Isa R.	NO CLASSES	NO CLASSES	NO CLASSES
5:30pm-6:30pm YOGA FLOW Isa R.		5:30pm-6:30pm YOGA FLOW Amanda S.	6:00pm-7:00pm HATHA YOGA Gerrit V.			
REGENTS - CYCLE STUDIO						
NO CLASSES	5:00pm-5:45pm TERP RIDE 45 Helen C.	5:30pm-6:15pm TERP RIDE 45 Helen C.	5:00pm-5:45pm TERP RIDE 45 Helen C.	NO CLASSES	NO CLASSES	NO CLASSES
REGENTS - MULTIPURPOSE ROOM						
NO CLASSES	7:30am-8:30am BODY PUMP Angeli N.	NO CLASSES	7:30am-8:30am BODY PUMP Angeli N.	4:00pm-5:00pm YOGA FLOW Amanda S.	NO CLASSES	NO CLASSES
OUTSIDE - LA PLATA BEACH						
NO CLASSES	6:00pm-7:00pm HATHA YOGA Gerrit V.	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES

NO CLASSES: JUNETEENTH 6/19, INDEPENDENCE DAY 7/4
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



UNIVERSITY
 RECREATION
 & WELLNESS

GROUP FITNESS SCHEDULE

SUMMER 2026: 7/13 - 8/21 (SESSION II)

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MON	TUES	WED	THURS	FRI	SAT	SUN
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EPPLEY RECREATION CENTER - FITNESS STUDIO

5:00pm-5:45pm ZUMBA Angela D.	5:30pm-6:30pm BODY PUMP Meg V.	5:00pm-5:45pm ZUMBA Angela D.	5:30pm-6:30pm BODY PUMP Meg V.	4:00pm - 4:45pm BARRE Roxanna C.	NO CLASSES	NO CLASSES
6:00pm-7:00pm BODY COMBAT Shayna S.	6:45pm - 7:30pm BARRE Roxanna C.	6:00pm-7:00pm BODY COMBAT Shayna S.	6:45pm - 7:30pm BARRE Roxanna C.	5:00pm-5:45pm DANCE FIT Shaun C.		
		7:15pm-8:00pm DANCE FIT Shaun C.				

EPPLEY RECREATION CENTER - NATATORIUM STUDIO

NO CLASS DATES - 7/9, 7/16, 7/20

5:30pm-6:30pm YOGA FLOW Shreya G.	NO CLASSES	9:00AM-9:45am HATHA YOGA Shreya G.	6:00pm-7:00pm HATHA YOGA Gerrit V.	NO CLASSES	NO CLASSES	NO CLASSES
		5:30pm-6:30pm YOGA FLOW Amanda S.				

REGENTS - CYCLE STUDIO

NO CLASSES	5:00pm-5:45pm TERP RIDE 45 Helen C.	5:30pm- 6:15pm TERP RIDE 45 Helen C.	5:00pm-5:45pm TERP RIDE 45 Helen C.	NO CLASSES	NO CLASSES	NO CLASSES
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REGENTS - MULTI PURPOSE ROOM

NO CLASSES	7:30am-8:30am BODY PUMP Angeli N.	NO CLASSES	7:30am-8:30am BODY PUMP Angeli N.	4:00pm-5:00pm YOGA FLOW Amanda S.	NO CLASSES	NO CLASSES
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OUTSIDE - LA PLATA BEACH

NO CLASSES	6:00pm-7:00pm HATHA YOGA Gerrit V.	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
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NO CLASSES: JUNETEENTH 6/19, INDEPENDENCE DAY 7/4
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



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