

GROUP FITNESS SCHEDULE

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

umdrecrewell



MON	TUES	WED	THURS	FRI	SAT	SUN
EPPLEY RECREATION CENTER - FITNESS STUDIO						
5pm - 5:45pm ZUMBA Angela D. 6pm - 7pm BODY COMBAT Shayna S. 7:15pm - 8:15pm STRENGTH FLOW Sara S.	5:30pm - 6:30pm BODY PUMP Meg V. 6:45pm - 7:30pm BARRE Roxanna C.	7:00am-8:00am STRENGTH FLOW Sara S. 5:00pm-5:45pm ZUMBA Angela D. 6:00pm-7:00pm BODY COMBAT Shayna S. 7:15pm-8:00pm BARRE Roxanna C.	5:30pm - 6:30pm BODY PUMP Meg V. 6:45pm - 7:30pm BARRE Roxanna C.	4pm - 4:45pm BARRE Roxanna C. 5pm-5:45pm DANCE FIT Shaun C.	NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - NATATORIUM STUDIO (NO CLASS DATES - 7/9, 7/16, 7/20)						
5:30pm - 6:30pm YOGA FLOW Shreya G.	NO CLASSES	9am - 9:45am HATHA YOGA Shreya G. 5:30pm - 6:30pm YOGA FLOW Amanda S.	6pm - 7pm HATHA YOGA Gerrit V.	NO CLASSES	NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - TRAINING STUDIO						
NO CLASSES	5pm - 5:45pm UBOX Laura L./Nancy Z.	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES
REGENTS - CYCLE STUDIO						
NO CLASSES	5pm - 5:45pm TERP RIDE 45 Helen C.	5:30pm - 6:15pm TERP RIDE 45 Helen C.	5pm - 5:45pm TERP RIDE 45 Helen C.	NO CLASSES	NO CLASSES	NO CLASSES
REGENTS - MULTI PURPOSE ROOM						
NO CLASSES	7:30am - 8:30am BODY PUMP Angeli N.	NO CLASSES	7:30am - 8:30am BODY PUMP Angeli N.	4pm - 5pm YOGA FLOW Amanda S.	NO CLASSES	NO CLASSES
OUTSIDE - LA PLATA BEACH						
NO CLASSES	6pm - 7pm 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



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