

GROUP FIT SCHEDULE



UNIVERSITY
RECREATION
& WELLNESS

CLASSES RUN: 8/31 - 12/18 **NO CLASSES:** 9/7, 10/10-10/13, 11/25-11/29

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes

MON	TUES	WED	THURS	FRI	SAT	SUN
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:30am - 8:30am BODY PUMP Angeli N.	4pm - 4:45pm BARRE Stacy S.	7:30am - 8:30am BODY PUMP Angeli N.	4pm - 4:45pm DANCE FIT Maya M.	7:30am - 8:15am PILATES Stacy S.	NO CLASSES	5pm - 5:45pm PILATES Mia O.
12pm - 12:45pm LES MILLS CORE Nicole R.	5:30pm - 6pm LES MILLS CORE Nicole R.	5pm - 6pm BODY PUMP Lily A. & Sonae S.	5:30pm - 6:15pm PILATES Alicia A.	12pm - 1pm BODY PUMP Sanaya I.		6:30pm - 7:15pm BARRE Jordan B.
4:30pm - 5:15pm DANCE FIT Maya M. & Claire M.	6:15pm - 7pm PILATES Alicia A.	6:45pm - 7:30pm PILATES Meghan R.	6:30pm - 7:30pm BODY PUMP Heather C.	4pm - 4:45pm BARRE Ru S. & Leah C.		
5:30pm - 6:30pm BODY PUMP Lily A.	7:15pm - 8:15pm BODY PUMP Heather C.	7:45pm - 8:30pm BARRE Jordan B.	7:45pm - 8:15pm LES MILLS CORE Nicole R.	5pm - 5:45pm DANCE FIT Maya M.		
6:45pm - 7:30pm PILATES Stacy S.	8:30pm - 9:15pm ZUMBA Angela D.	8:45pm - 9:30pm ZUMBA Angela D.				
7:45pm - 8:30pm BARRE Chloe T.						
EPPLEY RECREATION CENTER - NATATORIUM STUDIO						CLOSURES: 12/3 - 12/6, 12/10 - 12/13
5:30pm - 6:30pm YOGA RESTORE Dulce R.	4:30pm - 5:30pm YOGA FLOW Farah A.	5:30pm - 6:30pm YOGA RESTORE Jared L. & Ava D.	4:30pm - 5:30pm YOGA FLOW Amanda S.	NO CLASSES	NO CLASSES	NO CLASSES
7pm - 8pm YOGA FLOW Jared L.	6pm - 6:45pm POWER FLOW Isa R.	7pm - 8pm YOGA FLOW Farah A.	6pm - 6:45pm POWER YOGA Grace M.			
	7pm - 8pm HATHA YOGA Gerrit V.	8:15pm - 9pm YOGA RESTORE Grace M.	7pm - 8pm HATHA YOGA Gerrit V.			
EPPLEY RECREATION CENTER - TRAINING STUDIO						
7:30am - 8:30am UBOX 60 Davi J.	6pm - 6:45pm STRENGTH & CONDITIONING Misha Y.	7:30am - 8:30am UBOX 60 Davi J. 5:30pm - 6:15pm UBOX 45 Laura L.	5:30pm - 6:15pm UBOX 45 Laura L.	3pm - 3:45pm STRENGTH & CONDITIONING Misha Y.	NO CLASSES	NO CLASSES
EPPLEY RECREATION CENTER - NATATORIUM POOL						CLOSURES: 12/3 - 12/6, 12/10 - 12/13
NO CLASSES	NO CLASSES	NO CLASSES	NO CLASSES	12pm - 12:45pm PADDLE BOARD FITNESS Farah A.	NO CLASSES	NO CLASSES
						

CLOSURES: 12/3 - 12/6,
12/10 - 12/13

CLOSURES: 12/3 - 12/6,
12/10 - 12/13

PLEASE ARRIVE 5-10 MINUTES BEFORE CLASS STARTS
EARLY CLOSURES: 11/24 AT 7PM



MON	TUES	WED	THURS	FRI	SAT	SUN
REGENTS - MULTI PURPOSE ROOM						
12pm - 1pm CYCLE STRENGTH Misha Y. 4:30pm - 5:15pm PILATES Bhasuri Y. 5:30pm - 6:30pm BODY COMBAT Shayna S. 6:45pm - 7:30pm BARRE Roxanna C.	12pm - 12:45pm BARRE Ginger A. 4pm - 5pm BODY PUMP Sanaya I. 5:15pm - 6:00pm PILATES Meghan R. 6:30pm - 7:15pm BARRE Katherine M.	12pm - 12:45pm BARRE Ru S. 5:30pm - 6:30pm BODY COMBAT Shayna S. 6:45pm - 7:30pm BARRE Roxanna C.	12pm - 12:45pm BARRE Ginger A. 4pm - 4:45pm PILATES Mia O. 5:15pm - 6:15pm CYCLE STRENGTH Misha Y. 6:30pm - 7:15pm BARRE Katherine M.	12pm - 12:45pm PILATES Bhasuri Y. 5pm - 6pm YOGA FLOW Isa R.	10am - 11am BODY PUMP Lily A. 11:30am-12:30pm YOGA FLOW Dulce R. & Christopher H.	5pm - 5:45pm BARRE Chloe T. 6pm - 7pm YOGA RESTORE Amanda S.
REGENTS - CYCLE STUDIO						
7:15am - 8am RHYTHM RIDE 45 Mallory S. 10am - 10:45am RHYTHM RIDE 45 Lindsey W. 12pm - 1pm CYCLE STRENGTH Misha Y. 3:30pm - 4:00pm TERP RIDE 30 Soren D. 4:30pm - 5:00pm RHYTHM RIDE 30 Ava B. 5:15pm - 6:10pm RHYTHM RIDE 55 Amanda L. 6:30pm - 7:15pm TERP RIDE 45 Katie N. 7:30pm - 8:15pm TERP RIDE 45 Erin P. 8:30pm - 9pm RHYTHM RIDE 30 Maggie K.	7am - 7:45am RHYTHM RIDE 45 Elisabeth S. 12pm - 12:45pm RHYTHM RIDE 45 Maggie K. 3:30pm - 4:15pm RHYTHM RIDE 45 Amaya L. 4:30pm - 5pm TERP RIDE 30 Helen C. 5:30pm - 6:15pm TERP RIDE 45 Katie N. 6:30pm - 7:15pm RHYTHM RIDE 45 Elena P. 7:30pm - 8:15pm RHYTHM RIDE 45 Vivienne L.	7:15am - 8am RHYTHM RIDE 45 Amanda L. 10am - 10:45am RHYTHM RIDE 45 Soren D. 4:15pm - 5pm RHYTHM RIDE 45 Tania M. 5:15pm - 6:10pm TERP RIDE 55 Haley M. 6:30pm - 7:15pm TERP RIDE 45 Erin P. 7:30pm - 8:15pm TERP RIDE 45 Grace O. 8:30pm - 9pm RHYTHM RIDE 30 Ava B.	7am - 7:45am RHYTHM RIDE 45 Mallory S. 10am - 10:45am RHYTHM RIDE 45 Elena P. 3:30pm - 4:15pm RHYTHM RIDE 45 Amaya L. 4:30pm - 5pm RHYTHM RIDE 30 Tania M. 5:15pm - 6:15pm CYCLE STRENGTH Misha Y. 6:30pm - 7:15pm RHYTHM RIDE 45 Elisabeth S. 7:30pm - 8:15pm RHYTHM RIDE 45 Maggie K.	7:15am - 8am TERP RIDE 45 Helen C. 10am - 10:45am RHYTHM RIDE 45 Lindsey W. 12pm - 12:45pm RHYTHM RIDE 45 Amanda L. 3pm - 3:45pm TERP RIDE 45 Grace O. 4pm - 4:45pm TERP RIDE 45 Vivienne L.	10am - 10:55am RHYTHM RIDE 55 Cycle Rotation CLASS THEMES: 9/5 - Lollapalooza 9/12 - Battle of the Exes 9/19 - Glee 9/26 - Battle of the Boy Bands 10/3 - Taylor X Olivia X Sabrina 10/17 - High School Musical 10/24 - Disney Channel 11/7 - Pop Princesses 11/14 - Dancing with the Stars 11/21 - Rave 12/5 - Euphoria 12/12 - 2016	11am - 11:55am TERP RIDE 55 Haley M. 5pm - 5:45pm TERP RIDE 45 Grace O.
RITCHIE COLLOSEUM - MULTI PURPOSE ROOM					CLOSURE: 11/24	
5pm - 5:45pm BARRE Chloe T. 6:15pm - 7pm STRENGTH FLOW Sara S.	5:30pm - 6:15pm PILATES Katherine P. 6:30pm - 7:30pm YOGA FLOW Kontessa R.	4:45pm - 5:45pm BODY PUMP Sanaya I. 6:15pm - 7pm STRENGTH FLOW Sara S.	5:30pm - 6:15pm PILATES Katherine P. 6:30pm - 7:30pm YOGA FLOW Kontessa R. & Fatima M.	NO CLASSES	NO CLASSES	NO CLASSES

EARLY CLOSURES: 11/24 AT 7PM