

# FALL 2018 FINALS GROUP FITNESS SCHEDULE

TUE 12/11	WED 12/12	THUR 12/13	FRI 12/14	SAT 12/15
<b>EPPLEY RECREATION CENTER FITNESS STUDIO (#0105)</b>				
<b>6:30–7:25 AM</b> <b>BARRE</b> <i>Sue S</i>	<b>7:15–8:20 AM</b> <b>BODYPUMP™</b> <i>Bre R</i>	<b>7:15–8:10 AM</b> <b>BARRE</b> <i>Johnathan O</i>	<b>7:15–8:20 AM</b> <b>BODYPUMP™</b> <i>Morgan T</i>	NO CLASSES
<b>NOON–12:30 PM</b> <b>CX WORX™</b> <i>Caitlyn F</i>	<b>NOON–1:05 PM</b> <b>BODYPUMP™</b> <i>Tami L</i>	<b>NOON–1:00 PM</b> <b>BODYCOMBAT™</b> <i>Asia W</i>	<b>NOON–1:05 PM</b> <b>BODYPUMP™</b> <i>Tami L</i>	
<b>5:10–5:40 PM</b> <b>CX WORX™</b> <i>Jessica P</i>	<b>4:15–5:10 PM</b> <b>BARRE</b> <i>Johnathan O</i>	<b>5:10–5:40 PM</b> <b>CX WORX™</b> <i>Jessica P</i>	<b>3:10–4:10 PM</b> <b>BODYCOMBAT™</b> <i>Asia W</i>	
<b>5:45–6:40 PM</b> <b>DANCE FIT</b> <i>Jessica P</i>	<b>5:15–6:00 PM</b> <b>HIIT</b> <i>Maille O</i>	<b>5:45–6:40 PM</b> <b>DANCE FIT</b> <i>Maggie F</i>	<b>4:15–5:10 PM</b> <b>BARRE</b> <i>Jessica P</i>	
<b>6:45–7:45 PM</b> <b>BODYCOMBAT™</b> <i>Lindsey R</i>	<b>6:05–7:00 PM</b> <b>ZUMBA®</b> <i>Jessica P</i>	<b>6:45–7:45 PM</b> <b>BODYCOMBAT™</b> <i>Lindsey R</i>	<b>5:15–6:00 PM</b> <b>HIIT</b> <i>Maille O</i>	
<b>7:50–8:45 PM</b> <b>BARRE</b> <i>Ryan J</i>	<b>7:10–8:15 PM</b> <b>BODYPUMP™</b> <i>Nusheen M</i>	<b>7:50–8:45 PM</b> <b>BARRE</b> <i>Maggie F</i>	<b>6:05–7:00 PM</b> <b>ZUMBA®</b> <i>Maggie F</i>	
<b>8:55–10:00 PM</b> <b>BODYPUMP™</b> <i>Morgan T</i>	<b>8:25–8:55 PM</b> <b>CX WORX™</b> <i>Jessica P</i>	<b>8:55–10:00 PM</b> <b>BODYPUMP™</b> <i>Nusheen M</i>		
	<b>9:00–9:55 PM</b> <b>DANCE FIT</b> <i>Johnathan O</i>			
<b>EPPLEY RECREATION CENTER NATATORIUM MULTIPURPOSE ROOM (#B0158)</b>				
<b>7:15–8:10 AM</b> <b>YOGA</b> <i>Geneva J</i>	<b>5:30–6:25 PM</b> <b>YOGA</b> <i>June S</i>	<b>7:15–8:10 AM</b> <b>YOGA</b> <i>June S</i>	NO CLASSES	NO CLASSES
<b>6:15–7:10 PM</b> <b>YOGA</b> <i>Katherine L</i>	<b>8:00–8:55 PM</b> <b>YOGA</b> <i>June S</i>			
<b>8:00–8:55 PM</b> <b>YOGA</b> <i>June S</i>				
<b>REGENTS CYCLING STUDIO (#0504C)</b>				
<b>5:15–6:00 PM</b> <b>CYCLE 45</b> <i>Rachel C</i>	<b>5:15–6:10 PM</b> <b>CYCLE 55</b> <i>Chase L</i>	<b>7:15–8:00 AM</b> <b>CYCLE 45</b> <i>Caitlyn F</i>	<b>3:00–3:55 PM</b> <b>CYCLE 55</b> <i>Rachel C</i>	NO CLASSES
<b>6:30–7:15 PM</b> <b>CYCLE 45</b> <i>Caitlyn F</i>	<b>6:45–7:30 PM</b> <b>CYCLE 45</b> <i>Rachel C</i>	<b>5:15–6:00 PM</b> <b>CYCLE 45</b> <i>Rachel C</i>		
		<b>6:30–7:15 PM</b> <b>CYCLE 45</b> <i>Nicole K</i>		
<b>REGENTS MULTIPURPOSE ROOM (#0504E)</b>				
<b>7:15–8:20 AM</b> <b>BODYPUMP™</b> <i>Jacklyn G</i>	<b>4:05–5:00 PM</b> <b>YOGA</b> <i>Geneva J</i>	<b>7:15–8:20 AM</b> <b>BODYPUMP™</b> <i>Nusheen M</i>	<b>4:05–5:00 PM</b> <b>YOGA</b> <i>Grace D</i>	<b>10:00–11:05 AM</b> <b>BODYPUMP™</b> <i>Sarah G</i>
<b>4:05–5:00 PM</b> <b>YOGA</b> <i>Geneva J</i>	<b>5:10–6:15 PM</b> <b>BODYPUMP™</b> <i>Sarah G</i>	<b>4:05–5:00 PM</b> <b>YOGA</b> <i>June S</i>	<b>5:10–6:15 PM</b> <b>BODYPUMP™</b> <i>Louie G</i>	<b>11:15 AM–12:15 PM</b> <b>BODYCOMBAT™</b> <i>Lindsey R</i>
<b>5:05–6:05 PM</b> <b>BODYCOMBAT™</b> <i>Laila A</i>	<b>6:25–6:55 PM</b> <b>CX WORX™</b> <i>Caitlyn F</i>	<b>5:05–6:05 PM</b> <b>BODYCOMBAT™</b> <i>Laila A</i>		
<b>6:15–7:20 PM</b> <b>BODYPUMP™</b> <i>Valeria M</i>	<b>7:00–8:00 PM</b> <b>BODYCOMBAT™</b> <i>Asia W</i>	<b>6:15–7:20 PM</b> <b>BODYPUMP™</b> <i>Sarah G</i>		
<b>RITCHIE MULTIPURPOSE ROOM (#0114)</b>				
<b>5:15–6:20 PM</b> <b>BODYPUMP™</b> <i>Sarah G</i>	<b>4:15–5:20 PM</b> <b>BODYPUMP™</b> <i>Louie G</i>	<b>5:15–6:20 PM</b> <b>BODYPUMP™</b> <i>Ella B</i>	<b>4:15–5:20 PM</b> <b>BODYPUMP™</b> <i>Ella B</i>	<b>NOON–12:55 PM</b> <b>BARRE</b> <i>Maggie F</i>
<b>6:30–7:25 PM</b> <b>BARRE</b> <i>Natalie L</i>	<b>5:30–6:25 PM</b> <b>BARRE</b> <i>Natalie L</i>	<b>6:30–7:25 PM</b> <b>BARRE</b> <i>Melanie A</i>	<b>5:30–6:25 PM</b> <b>YOGA</b> <i>Geneva J</i>	
	<b>6:30–7:25 PM</b> <b>YOGA</b> <i>Jemma L</i>			
<b>EPPLEY RECREATION CENTER FUNCTIONAL TRAINING STUDIO (#0113)</b>				
<b>NOON–1:00 PM</b> <b>TRX</b> <i>Sarah G</i>	<b>6:00–7:00 PM</b> <b>KETTLEBELL WORKOUT</b> <i>Doug P</i>	<b>NOON–1:00 PM</b> <b>FUNCTIONAL TRAINING BOOT-CAMP</b> <i>Sarah G/Dan P</i>	<b>NOON–1:00 PM</b> <b>FUNCTIONAL TRAINING BOOT-CAMP</b> <i>Doug P</i>	NO CLASSES
<b>5:30–6:30 PM</b> <b>CORE CONDITIONING</b> <i>Gianni P</i>				

- Before you take your first group fitness class, you'll need to complete the online waiver. Access the waiver here [go.umd.edu/groupfit](http://go.umd.edu/groupfit). Waiver status will be checked upon scanning your ID at all of our studios.
- NO PRE-REGISTRATION NECESSARY.
- Participation in all classes is limited by studio size and/or equipment availability. Participants will be admitted on a first come, first served basis.

- Athletic shoes are required (except for yoga). Jeans are not permitted.
- Bags and coats are not allowed in the ERC Fitness Studio and Natatorium. Locks can be rented from the ERC Equipment Issue Desk for no additional charge.
- For safety, no one will be admitted into any RecWell Group Fitness class after the first 10 minutes. Classes are subject to cancellation due to low enrollment.

