# IN PERSON

## FINALS WEEK GROUP FITNESS SCHEDULE

**SPRING 2021**  
May 12 - 16

Please note all classes are subject to change due to COVID-19. Please check website for latest updates.

<table>
<thead>
<tr>
<th></th>
<th>Wednesday 5/12</th>
<th>Thursday 5/13</th>
<th>Friday 5/14</th>
<th>Saturday 5/15</th>
<th>Sunday 5/16</th>
</tr>
</thead>
</table>
| **ERC WEST GYM** | 12 - 1pm
BODYPUMP
Grace G/Rebecca N | 4:15 - 5pm
HIIT
Natalie L | 5:30 - 6pm
CORE
Sydney O | 5 - 6pm
BODYPUMP
Valeria M |  |
|       | 4 - 4:30pm
CORE
Natalie S | 5 - 5:30pm
HIIT EXPRESS
Casey M | 6 - 6:45pm
ZUMBA
Cat L/Kieran O |  |
|       | 3 - 3:45pm
BARRE
Jamie K | 4:15 - 5pm
HIIT
Lydia B | 5:30 - 6:15pm
DANCEFIT
Emily B/Tatiana Te |  |
| **ERC FITNESS STUDIO - YOGA ONLY** | 5:15 - 6pm
YOGA FLOW
Ryan R | 4:15 - 5:15pm
YOGA BEGINNER
Tatiana T | 4 - 5pm
YOGA FLOW
Ryan R |  |
|       | 6 - 6:45pm
YOGA STRENGTH
Tatiana T | 6 - 7:45pm
YOGA STRENGTH
Tatiana T | 4 - 5pm
YOGA BEGINNER
Tatiana T |  |
| **ERC NATATORIUM POOL - AQUA CLASSES** |  |
|       | 3 - 4pm
AQUAFIT
Isabella R |  |
| **ERC TRAINING STUDIO** | 12 - 1pm
UBOX
Sydney O | 5 - 6pm
UBOX
Joe H | 12 - 1pm
UBOX
Sydney O |  |
|       | 4 - 5pm
UBOX
Lauren B |  |
| **SPH CYCLING 2101** | 10 - 10:45am
CYCLE45
Tatiana T | 3 - 3:55pm
CYCLE55
Julia J | 10 - 10:55am
FIERCE FEMALES
Cameron B | 11 - 11:55am
CYCLE55
Jamie K |  |
|       | 4 - 4:45pm
HIITCYCLE
Sydney O | 4 - 4:45pm
CYCLE45
Jamie K | 4 - 4:45pm
CYCLE45
Paige A | |
|       | 5:15 - 6:10pm
CYCLE55
Nick K | 5:15 - 6:10pm
CYCLE55
Nick K |  |
| **RITCHIE COLISEUM** |  |
|       | 5 - 6pm
BODYPUMP
Asia W | 5 - 6:45pm
YOGA FLOW
Ryan R | 4:30 - 5:30pm
BODYPUMP
Aleah E | 11 - 11:55am
YOGA FLOW
Lydia B | 11 - 12pm
BODYPUMP
Ella B |  |
|       | 6 - 6:45pm
BARRE
Nancy Z | | 5 - 5:45pm
BARRE
Lia C |  |
|       | 6:15 - 6:45pm
YOGA BEGINNER
Katie R |  |
| **RITCHIE COLISEUM FUNCTIONAL TRAINING ZONE** |  |
|       | 5:30 - 6pm
FULL BODY STRENGTH CONDITIONING
Casey M | 5:30 - 6:15pm
FULL BODY STRENGTH CONDITIONING
Lydia B |  |

[Source: @UMDFITNESS]
<table>
<thead>
<tr>
<th>WEDNESDAY 5/12</th>
<th>THURSDAY 5/13</th>
<th>FRIDAY 5/14</th>
<th>SATURDAY 5/15</th>
<th>SUNDAY 5/16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VIRTUAL</strong></td>
<td><strong>VIRTUAL</strong></td>
<td><strong>VIRTUAL</strong></td>
<td><strong>VIRTUAL</strong></td>
<td><strong>VIRTUAL</strong></td>
</tr>
<tr>
<td><strong>YOUTUBE</strong> - go.umd.edu/virtualgroupfit</td>
<td><strong>YOUTUBE</strong> - go.umd.edu/virtualgroupfit</td>
<td><strong>YOUTUBE</strong> - go.umd.edu/virtualgroupfit</td>
<td><strong>YOUTUBE</strong> - go.umd.edu/virtualgroupfit</td>
<td><strong>YOUTUBE</strong> - go.umd.edu/virtualgroupfit</td>
</tr>
<tr>
<td>8a-8:45a</td>
<td>YOGA FLOW</td>
<td>Grace D</td>
<td>8a-8:45a</td>
<td>YOGA FLOW</td>
</tr>
<tr>
<td>4p-4:30p</td>
<td>CHAIR YOGA</td>
<td>Tatiana Te</td>
<td>7a-7:45a</td>
<td>YOGA FLOW</td>
</tr>
<tr>
<td>5p-6p</td>
<td>BODYPUMP</td>
<td>Rebekah E</td>
<td>4-4:45p</td>
<td>BARRE</td>
</tr>
<tr>
<td><strong>New DanceFit Video Added to YouTube (Izzy M)</strong></td>
<td><strong>New DanceFit Video Added to YouTube (Sam Y)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>