### Eppley Recreation Center Fitness Studio (#0105)

**FRI 5/11**
- 7:15–8:20 AM BODYPUMP®
  - Kerry D
- NOON–1:05 PM BODYPUMP®
  - Tami L
- 3–3:55 PM BEGINNER YOGA
  - Tami L
- 4–5 PM BOOTCAMP
  - Monique P
- 5–5:55 PM ZUMBA®
  - Shelby S

**SAT 5/12**
- 5–5:55 PM BODYCOMBAT™
  - Monique P

**SUN 5/13**
- 5–5:55 PM BODYCOMBAT™
  - Monique P

**MON 5/14**
- 7:15–8:20 AM BODYPUMP®
  - Kerry D
- NOON–1:05 PM BODYPUMP®
  - Bre R
- 3–3:55 PM BEGINNER YOGA
  - Tami L
- 4–5 PM BOOTCAMP
  - Monique P
- 5–5:55 PM BARRE
  - Melanie A
- 6–6:45 PM HIIT
  - Jessica P
- 7–8 PM BODYCOMBAT™
  - Monique P/Jessica P

**TUE 5/15**
- 5–5:55 PM BARRE
  - Libby T
- 6–6:45 PM HIIT
  - Jessica P
- 7–8 PM BODYCOMBAT™
  - Lindsey R

**WED 5/16**
- 7:15–8:20 AM BODYPUMP®
  - Kerry D
- NOON–1:05 PM BODYPUMP®
  - Morgan T

### Eppley Recreation Center Natatorium Studio (#B0138)

**FRI 5/11**
- NO CLASSES

**SAT 5/12**
- NO CLASSES

**SUN 5/13**
- NO CLASSES

**MON 5/14**
- 5:30–6:25 PM YOGA
  - Jen M
- 8–8:55 PM YOGA
  - Jen M

**TUE 5/15**
- 5:30–6:25 PM YOGA
  - Jen M
- 8–8:55 PM YOGA
  - Dina G

### Regents Cycling Studio (#0504C)

**FRI 5/11**
- 10–10:55 AM CYCLE 55
  - Jordan M
- 10–10:55 AM CYCLE 55
  - Emily K
- 5:15–6 PM CYCLE 45
  - Beth G

**SAT 5/12**
- 5:15–6 PM CYCLE 55
  - Laila Z
- 6:30–7:15 PM CYCLE 45
  - Emily K

**SUN 5/13**
- 5:15–6 PM CYCLE 55
  - Caitlyn F
- 6:45–7:30 PM CYCLE 45
  - Beth G

**MON 5/14**
- 7:15–8 AM CYCLE 45
  - Jen M
- 5:15–6:10 PM CYCLE 55
  - Caitlyn F
- 6:45–7:30 PM CYCLE 45
  - Beth G

**TUE 5/15**
- 7:15–8 AM CYCLE 45
  - Jen M
- 5:15–6:10 PM CYCLE 55
  - Caitlyn F

### Regents Multipurpose Room (#0504E)

**FRI 5/11**
- 4:15–5:15 PM BODYCOMBAT™
  - Laila A
- 5:30–6:35 PM BODYPUMP®
  - Sarah G

**SAT 5/12**
- 10–11:05 AM BODYCOMBAT™
  - Sarah G
- 10–11:05 AM BODYPUMP®
  - Sarah G
- 5:30–6:35 PM BODYPUMP®
  - Morgan T

**SUN 5/13**
- 6:45–7:15 PM CX WORKX™
  - Jacklyn G
- 7–8 PM BODYCOMBAT™
  - Lindsey R

**MON 5/14**
- 7–8 PM BODYCOMBAT™
  - Lindsey R
- 7–8 PM BODYCOMBAT™
  - Kal L
- 4:05–5 PM YOGA
  - Rory S
- 5:05–6:05 PM BODYCOMBAT™
  - Monique P
- 6:15–7:20 PM BODYCOMBAT™
  - Paulina B

**TUE 5/15**
- 7–8 PM BODYCOMBAT™
  - Kal L
- 5:05–6:05 PM BODYCOMBAT™
  - Monique P
- 4:05–5 PM YOGA
  - Rory S
- 5:05–6:05 PM BODYCOMBAT™
  - Monique P

### Ritchie Multipurpose Room

**FRI 5/11**
- 4:15–5:20 PM BODYPUMP®
  - Sarah G
- 5:30–6:25 PM YOGA
  - Quinn A

**SAT 5/12**
- 11 AM–12:05 PM BODYCOMBAT™
  - Sarah G

**SUN 5/13**
- 11 AM–12:05 PM BODYCOMBAT™
  - Sarah G

**MON 5/14**
- 4:15–5:20 PM BODYPUMP®
  - Louie G
- 5:30–6:30 PM BODYCOMBAT™
  - Monique P
- 6:30–7:25 PM BARRE
  - Amelia L

**TUE 5/15**
- 5:15–6:20 PM BODYPUMP®
  - Louie G
- NO CLASSES

**WED 5/16**
- NO CLASSES

### Notes
- Get your gray 2017–2018 Group Fitness Sticker at the ERC Member Services desk prior to class. Stickers also available from instructors in Ritchie, Cole, & Regents.
- 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.

[recwell.umd.edu](http://recwell.umd.edu)