### EPPELEY RECREATION CENTER FITNESS STUDIO  #0105

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Friday</th>
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<th>Sunday</th>
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</thead>
</table>
| 7:15–8:20 AM | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Kal L | **BODYPUMP**  
Sarah G | NO CLASSES | NO CLASSES |
| NOON–1:05 PM | **BODYPUMP**  
Tami L | **BODYPUMP**  
Tami L | **BODYPUMP**  
Tami L | **BODYPUMP**  
Tami L | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | NO CLASSES | NO CLASSES |
| 5:15–6 PM | **HIIT**  
Lindsey R | **HIIT**  
Sam P | **HIIT**  
Sam P | **BODYPUMP**  
Rebekah E/Ugur K | **BODYPUMP**  
Lindsey R | **BODYPUMP**  
Lindsey R | **BARRE**  
Ryan J | **BARRE**  
Ryan J |
| 7:15–8:20 AM | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | **BODYPUMP**  
Sarah G | NO CLASSES | NO CLASSES |

### EPPELEY RECREATION CENTER FUNCTIONAL TRAINING STUDIO – SMALL GROUP TRAINING  #0113

<table>
<thead>
<tr>
<th>Time</th>
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<th>Sunday</th>
</tr>
</thead>
</table>
| NOON–1 PM | **CORE CONDITIONING**  
Rotating Instructors | NO CLASSES | NO CLASSES | NO CLASSES | NO CLASSES | NO CLASSES | KETTLEBELL FLOW  
Rachel E |
| 5:30–6:30 PM | **FT BOOTCAMP**  
Rotating Instructors | **FT BOOTCAMP**  
Aidan M | **FT BOOTCAMP**  
Aidan M | **FT BOOTCAMP**  
Aidan M | **FT BOOTCAMP**  
Aidan M | **FT BOOTCAMP**  
Aidan M | **FT BOOTCAMP**  
Aidan M |

### EPPELEY RECREATION CENTER NATATORIUM STUDIO  #0158*

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
</table>
| 5:30–6:25 PM | **YOGA RESTORE & MEDITATE**  
Julia C | **YOGA RESTORE & MEDITATE**  
Julia C | **YOGA RESTORE & MEDITATE**  
Julia C | **YOGA RESTORE & MEDITATE**  
Julia C | **YOGA RESTORE & MEDITATE**  
Julia C | **YOGA RESTORE & MEDITATE**  
Julia C | NO CLASSES | NO CLASSES |
| 8–8:55 AM | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | **YOGA FLOW**  
Julia C | NO CLASSES | NO CLASSES |
| 5:30–6:25 PM | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | **YOGA BEGINNER**  
Tenzin S/Geneva J | NO CLASSES | NO CLASSES |

### RECWELL CYCLING STUDIO AT REGENTS  #0504C

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Sunday</th>
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</thead>
</table>
| 5:15–6:10 PM | **CYCLE 55**  
Ryan J | **CYCLE 45**  
Paulina B | **CYCLE 45**  
Paulina B | **CYCLE 45**  
Paulina B | **CYCLE 45**  
Paulina B | **CYCLE 45**  
Paulina B | NO CLASSES | NO CLASSES |
| 5:30–6:15 PM | **CYCLE 55**  
Kaitlyn M | **CYCLE 45**  
Caitlyn F | **CYCLE 45**  
Caitlyn F | **CYCLE 45**  
Caitlyn F | **CYCLE 45**  
Caitlyn F | **CYCLE 45**  
Caitlyn F | **CYCLE 45**  
Caitlyn F | NO CLASSES | NO CLASSES |

### RECWELL MULTIPURPOSE STUDIO AT REGENTS  #0504E

<table>
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<tr>
<th>Time</th>
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<th>Friday</th>
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<th>Sunday</th>
</tr>
</thead>
</table>
| 9:30–10:25 AM | **YOGA RESTORE & MEDITATE**  
Geneva J | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | NO CLASSES | NO CLASSES |
| 4:10–5:05 PM | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | **YOGA STRENGTH**  
Julia C | NO CLASSES | NO CLASSES |
| 6:30–7:25 PM | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | **ZUMBA®**  
Ryan J | NO CLASSES | NO CLASSES |

### Natatorium Studio group fitness classes are canceled on the following dates:

- **Thursday, July 11** (Potomac Valley Swim Meet)  
  4 PM Yoga Beginner is impacted
- **Thursday, July 18** (PVS Meet)  
  4 PM Yoga Beginner is impacted
- **Tuesday, July 30** (YMCA Nationals)  
  4 PM Yoga Beginner is impacted
- **Wednesday, July 31** (YMCA Nationals)  
  5:30 PM Yoga Restore & Meditate is impacted
- **Thursday, August 1** (YMCA Nationals)  
  8 AM Yoga Flow & 4 pm Yoga Beginner are impacted

### Additional Information:

- **Before you take your first group fitness class, you’ll need to complete the online waiver. Access the waiver here [go.umd.edu/groupfit](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 cancelation due to low enrollment.**

*Natatorium Studio group fitness classes are canceled on the following dates:*