

# WINTER 2019 GROUP FITNESS SCHEDULE (JANUARY 2–18)

MON	TUE	WED	THU	FRI	SAT
<b>EPPLEY RECREATION CENTER FITNESS STUDIO (#0105)</b>					
<b>7:15–8:20 AM</b> BODYPUMP™ <i>Tami L</i>	<b>NOON–1 PM</b> BODYCOMBAT™ <i>Tami L/Louie G</i>	<b>7:15–8:20 AM</b> BODYPUMP™ <i>Sarah G</i>	<b>NOON–1 PM</b> BODYCOMBAT™ <i>Asia W/Louie G</i>	<b>7:15–8:20 AM</b> BODYPUMP™ <i>Sarah G</i>	<b>NO CLASSES</b>
<b>NOON–1:05 PM</b> BODYPUMP™ <i>Sarah G</i>	<b>5–5:45 PM</b> HIIT <i>Sarah G</i>	<b>NOON–1:05 PM</b> BODYPUMP™ <i>Tami L</i>	<b>5–5:55 PM</b> ZUMBA® <i>Jessica P</i>	<b>NOON–1:05 PM</b> BODYPUMP™ <i>Tami L</i>	
<b>5–5:55 PM</b> BARRE <i>Jacklyn G</i>	<b>6–7 PM</b> BODYCOMBAT™ <i>Lindsey R</i>	<b>5–5:55 PM</b> BARRE <i>Jessica P</i>	<b>6–7 PM</b> BODYCOMBAT™ <i>Lindsey R</i>		
<b>6–6:30 PM</b> CX WORX™ <i>Paulina B</i>	<b>7:10–8:15 PM</b> BODYPUMP™ <i>Rebekah E</i>	<b>6–6:30 PM</b> CX WORX™ <i>Jessica P</i>	<b>7:10–8:15 PM</b> BODYPUMP™ <i>Paulina B</i>		
<b>6:35–7:20 PM</b> HIIT <i>Sarah G</i>		<b>6:35–7:20 PM</b> HIIT <i>Jessica P</i>			
<b>7:25–8:25 PM</b> BODYCOMBAT™ <i>Rebekah E</i>		<b>7:25–8:25 PM</b> BODYCOMBAT™ <i>Laila A</i>			
<b>NATATORIUM STUDIO (#B0158)</b>					
<b>3–3:55 PM</b> YOGA <i>Grace T</i>	<b>5:30–6:25 PM</b> YOGA <i>Rory S</i>	<b>3–3:55 PM</b> YOGA <i>Grace T</i>	<b>5:30–6:25 PM</b> YOGA <i>Rory S</i>	<b>3–3:55 PM</b> YOGA <i>Rory S (No class on 1/18 due to swim meet)</i>	<b>NO CLASSES</b>
<b>5–5:55 PM</b> YOGA <i>Rory S</i>		<b>5–5:55 PM</b> YOGA <i>Rory S</i>			
<b>REGENTS CYCLING STUDIO (#0504C)</b>					
<b>5:15–6:10 PM</b> CYCLE 55 <i>Nicole K</i>	<b>5:15–6 PM</b> CYCLE 45 <i>Ciarra J</i>	<b>5:15–6:10 PM</b> CYCLE 55 <i>Nicole K</i>	<b>5:15–6 PM</b> CYCLE 45 <i>Ciarra J</i>	<b>3–3:55 PM</b> CYCLE 55 <i>Nicole K</i>	<b>NO CLASSES</b>
<b>REGENTS MULTIPURPOSE ROOM (#0504E)</b>					
<b>4:15–5:20 PM</b> BODYPUMP™ <i>Paulina B</i>	<b>7:15–8:20 AM</b> BODYPUMP™ <i>Morgan T</i>	<b>4:15–5:20 PM</b> BODYPUMP™ <i>Louie G</i>	<b>7:15–8:20 AM</b> BODYPUMP™ <i>Morgan T</i>	<b>4:15–5:20 PM</b> BODYPUMP™ <i>Paulina B</i>	<b>NO CLASSES</b>
<b>5:30–6:30 PM</b> BODYCOMBAT™ <i>Asia W</i>	<b>4:05–5:00 PM</b> YOGA <i>Rory S</i>	<b>5:30–6:30 PM</b> BODYCOMBAT™ <i>Asia W</i>	<b>4:05–5:00 PM</b> YOGA <i>Rory S</i>		
	<b>5:10–6:15 PM</b> BODYPUMP™ <i>Paulina B</i>		<b>5:10–6:15 PM</b> BODYPUMP™ <i>Jacklyn G</i>		
	<b>6:25–6:55 PM</b> CX WORX™ <i>Paulina B</i>		<b>6:25–6:55 PM</b> CX WORX™ <i>Jacklyn G</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.

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

