



GROUP FITNESS SCHEDULE

FALL 2023, 8/28-12/15

@umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EPPLEY RECREATION CENTER - FITNESS STUDIO						
7:30am - 8:30am BODYCOMBAT Isabella D.	8:00am - 9:00am BODYPUMP Abby E.	7:30am - 8:30am BODYCOMBAT Isabella D.	8:00am-9:00am BODYPUMP Jacob K.	7:30am - 8:30am BODYPUMP Kaiya P.	NO CLASSES	5pm - 5:45pm BARRE Jordan B.
5pm - 5:45pm ZUMBA Louisa N.	4:30pm - 5:15pm BARRE Jenna S.	12pm-12:30pm CORE Sarah D.	4:30pm-5:15pm BARRE Jenna S.	4pm - 4:45pm BARRE Louisa N.		6pm - 7pm BODYPUMP Ozioma E.
6pm - 7pm BODYPUMP Louie G.	5:30pm - 6:00pm LES MILLS CORE Valerie M.	5pm - 5:45pm Zumba Louisa N.	5:30pm - 6:00pm LES MILLS CORE Valerie M.			7:30pm - 8:15pm DANCE FIT Nancy Z.
	6:30pm - 7:30pm BODY COMBAT Louie G.	6pm - 7pm BODYPUMP Meira K.	6:30pm - 7:30pm BODYCOMBAT Ava T.			
	8pm - 8:45pm DANCE FIT Anna B.	7:15pm- 8pm BARRE Antonia D.	8pm-8:45pm DANCE FIT Anna B.			
		8:15pm - 9pm DANCE FIT Amy R.				
EPPLEY RECREATION CENTER - TRAINING STUDIO						
4pm-4:45pm UBOX45 Noam J.	7:15am-8am UBOX45 Nile W.	4pm-4:45pm UBOX45 Kristen B.	7:15am - 8am UBOX45 Nile W.	3pm - 3:45pm UBOX45 Rachel W.	NO CLASSES	6:30pm - 7:15pm UBOX45 Nancy Z
6pm-6:45pm UBOX45 Autumn H.	5pm-6pm UBOX 60 Autumn H.	6pm - 6:45pm UBOX45 Sydney J.	5pm-6pm UBOX60 Rachel W.			
	6:30pm-7:15pm Strength and Conditioning Sarah D.		6:30pm-7:15pm Strength and Conditioning Sarah D.			
EPPLEY RECREATION CENTER - MULTIPURPOSE ROOM						
NO CLASSES: December 7						
** Indicates classes that will be held outdoors at LaPlata Beach on 8/28, 8/30, 8/31, 9/5, 9/6 respectively						
9am-10am YOGA FLOW Jordan S.	5:30pm-6:30pm** Power Yoga Maggie P.	9am-10am YOGA FLOW Ayden H.	5:30pm-6:30pm** Power Yoga Melinda T.	NO CLASSES	NO CLASSES	NO CLASSES
4:30pm-5:15pm** HATHA YOGA Sole C.		4:30pm-5:15pm** HATHA YOGA Sole C.				
7pm - 8pm YOGA RESTORE Brady D.		7pm-8pm YOGA RESTORE Brady D.				

NO CLASSES: Labor Day 9/4, Thanksgiving Break (November 22-26)

CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS



GROUP FITNESS SCHEDULE

FALL 2023, 8/28-12/15

📱 f @umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REGENTS - CYCLE STUDIO						
7:15am - 8am CYCLE 45 Erin C.	7am - 7:45am CYCLE 45 Skylar S.	7:15am - 8am CYCLE 45 Olivia P.	7am - 7:45am CYCLE 45 Paige A.	7:15am - 8am CYCLE 45 Maya Z.	10am - 10:55am CYCLE 55 Rotating Instructors	11am - 11:55am CYCLE 55 Helen C.
10am - 10:45am CYCLE 45 Heather G.	10am - 10:45am CYCLE 45 ZeZe T.	10am - 10:45am CYCLE 45 Hilary L.	10am-10:45m CYCLE 45 Grayce M.	10am-10:45am CYCLE 45 Jordan B.	9/2 The 80's 9/9 The Eras Tour (Drake Edition) 9/16 RAVE 9/23 Rock n Roll 9/30 Mix-Up, Mash- Up	5pm - 5:45pm CYCLE 45 Kaitlyn R.
12pm - 12:30pm CYCLE 30 Hilary L.	5:30pm - 6:15pm CYCLE 45 Kaitlyn R.	12pm - 12:30pm CYCLE 30 Skylar S.	3:30pm-4:15pm CYCLE 45 Maya Z.	12pm - 12:45pm CYCLE 45 Anastasia S.	10/7 Barbie! 10/14 Country Ride 10/21 ABBA Disco 10/28 Spooky Ride 11/4 Afro Fusion 11/11 Disney Remix 11/18 Y2K 12/2 Nicki Minaj 12/9 Battle of the Vault songs (Taylor Swift)	
4pm - 4:45pm CYCLE 45 Jordan B.	6:30pm - 7:25pm CYCLE 55 Paige A.	4pm - 4:45pm CYCLE 45 Kaitlyn R.	5:30pm - 6:15pm CYCLE 45 Elyana F.	3pm - 3:45pm CYCLE 45 Rachael O.		
5pm - 5:55pm CYCLE 55 Rachael O.	8pm - 8:45pm CYCLE 45 Ozioma E.	5:30pm - 6:15pm CYCLE 45 Elyana F.	6:30pm - 7:25pm CYCLE 55 Nate S.			
6:30pm - 7:15pm CYCLE 45 Helen C.		6:30pm - 7:15pm CYCLE 45 Nate S.				
7:30pm-8:15pm CYCLE 45 Ozioma E.		7:30pm - 8:15pm CYCLE 45 Anastasia S.				
8:30pm - 9:15pm CYCLE 45 So K.						
REGENTS - MULTIPURPOSE ROOM						
4:30pm -5:30pm BODYPUMP Kaiya P.	6pm-6:45pm BARRE Antonia D.	4:30pm-5:30pm BODYPUMP Lily C.	4:30pm -5:15pm HATHA YOGA Vienne U.	4:15pm - 5:15pm POWER YOGA Dan L	10:15am - 11:15am BODYPUMP Rebekah E., Lily C.	6pm - 7pm YOGA FLOW Melinda T.
5:45pm -6:45pm BODYCOMAT Ava T.						



NO CLASSES: Labor Day 9/4, Thanksgiving Break (November 22-26)
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS



GROUP FITNESS SCHEDULE

FALL 2023, 8/28-12/15

@umdfitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RITCHIE- MULTUPURPORSE ROOM						
9:30am-10:30am BODYPUMP Anna T. 7:30-8:30pm YOGA FLOW Dulcinia R.	5:30pm-6:30pm BODYPUMP Molly S.	9:30am-10:30am BODYPUMP Anna T. 5:15pm-6pm BARRE Molly S. 7:30pm - 8:30pm YOGA FLOW Dulcinia R.	9-10am YOGA FLOW Jordan S. 5:30pm - 6:30pm BODYPUMP Rebecca N.	10am-11am YOGA RESTORE Vienne U.	NO CLASSES	NO CLASSES



NO CLASSES: Labor Day 9/4, Thanksgiving Break (November 22-26)
CLASS DESCRIPTIONS: go.umd.edu/groupfitclasstypes



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS