



UMW CAMPUS RECREATION 2017

SUMMER GROUP FITNESS

MONDAYS

12:15-1:00PM PILATES + YOGA (KELLY)

TUESDAYS

12:15-1:00PM STRENGTH (BRITTANIE)

5:30-6:00PM CYCLE (ERIN)

WEDNESDAYS

12:15-1:00PM CYCLE + STRENGTH (KELLY)

5:30-6:15PM PILATES (ERIN)

THURSDAYS

4:30-5:00PM CYCLE (BRITTANIE)

Valid May 22 - August 11

Classes cancelled on: May 29, July 4, July 10-13