



GROUP FITNESS CLASSES

STUDENTS.UMW.EDU/CAMPUSREC

@UMWCAMPUSREC

LOCATION KEY

(4) = Goolrick Dance Studio 4
(5) = Goolrick Dance Studio 5
(CS) = Fitness Center Cycle Studio

ONLY \$10 to take **UNLIMITED** group fitness classes for the entire academic school year!
Purchase your group fitness pass at campusrec.umw.edu

Monday

8:00am-8:45am - **Cycle**, Izzy (CS)
10:00am-10:45am - **Core & More**, Leslie (5)
3:00pm-3:45pm - **Power Pilates**, Erin (5)
3:00pm-4:00pm - **Yoga**, April (4)
4:00pm-4:45pm - **HIIT & Core**, Jenna & Brittanie (5)
5:15pm-6:15pm - **Yoga**, Bill (4)
5:15pm-6:00pm - **Zumba**, Brittanie (5)
6:15pm-7:15pm - **Barre**, Campbell (5)

Tuesday

8:00am-9:15am - **Barre**, Campbell (5)
11:00am-11:45am - **Strength**, Leslie (5)
4:00pm-5:00pm - **Yoga**, Tricia (4)
5:15pm-5:45pm - **Cycle**, Erin (CS)
5:15pm-6:00pm - **Zumba**, Lilly (5)
6:00pm-6:45pm - **Yin Yoga/Stretching**, Maddie (5)

Wednesday

7:15am-7:45am - **Core & More**, Emily G. (5)
8:00am-8:30am - **Cycle**, Nancy (CS)
8:30am-9:00am - **Abs & Glutes**, Nancy (5)
3:00pm-4:00pm - **Gentle Yoga**, April (5)
5:15pm-6:00pm - **Cardio Kickboxing**, Kelly M. & Olivia (5)
5:15pm-6:00pm - **Strength**, Emily K. (4)
6:15pm-7:00pm - **Core & More**, Jenna (4)
6:15pm-7:15pm - **Zumba**, Lauren (5)
8:30pm-9:15pm - **Cycle**, Danielle (CS)

Thursday

7:15am-7:45am - **Cycle**, Reagan (CS)
8:00am-9:00am - **Sunrise Flow Yoga**, Rebekah (5)
9:30am-10:30am - **Slow Flow Yoga**, Rebekah (5)
4:00pm-5:00pm - **Zumba**, Brittanie (4)
5:15pm-6:15pm - **Vinyasa Yoga**, Maddie (4)
6:00pm-6:30pm - **Cycle**, Colleen (CS)
6:45pm-7:30pm - **PITAIYO**, Colleen (4)

Friday

10:00am-10:45am - **Cycle & Stretch**, Kelly S. (CS)
12:00pm-1:00pm - **POUND**, Tiffany (5)
4:00pm-5:15pm - **Relaxation Yoga**, Bill (5)

Saturday

3:00pm-3:30pm - **Cycle**, Reagan (CS)

Sunday

5:15pm-6:00pm - **Zumba**, Lilly (5)
7:00pm-7:30pm - **Cycle**, Rotation (CS)
7:00pm-7:45pm - **POUND**, Tiffany (5)



BUY YOUR PASS FOR \$10 AT CAMPUSREC.UMW.EDU

