

FALL 2019

# UMW FITNESS CLASSES

## MONDAY

4:15-5:00 PM	HIIT & Core	Lauren D.	Studio 5
5:15-5:45 PM	Cycle	Rebecca	Cycle Studio
5:15-6:15 PM	Beginner Yoga	Bill	Studio 5
5:15-6:00 PM	Dance Fitness	Naana	Studio 4
6:30-7:30 PM	Barre	Carolyn	Studio 5

## TUESDAY

8:00-8:30 AM	Cycle	Rebecca	Cycle Studio
4:30-5:00 PM	Cycle	Payton	Cycle Studio
5:15-5:45 PM	CycleUP	Sasha	Cycle Studio
5:00-5:45 PM	Beginner Yoga	Lily	Studio 5
5:00-5:45 PM	Zumba	Brenna	Studio 4
6:00-6:45 PM	HIIT & Core	Tiffany H.	Studio 5

## WEDNESDAY

4:00-4:45 PM	Barre	Carolyn	Studio 5
4:30-5:00 PM	CycleUP	Sasha	Cycle Studio
5:00-5:45 PM	HIIT & Core	Tori	Studio 5
5:00-6:00 PM	Shine Dance Fitness	Tiffany K.	Studio 4
6:00-6:30 PM	Cycle	Jentry	Cycle Studio
6:15-7:15 PM	POUND	Tiffany K.	Studio 4

## THURSDAY

4:15-5:00 PM	Zumba	Brittanie	Studio 4
5:15-6:00 PM	FlexAbility	Lauren D.	Studio 4
5:15-6:15 PM	HIIT Strength	Madeline	Studio 5
6:00-6:30 PM	Cycle	Jentry	Cycle Studio

## FRIDAY

4:00-5:15 PM	Relaxation Yoga	Bill	Studio 5
5:30-6:30 PM	Fitness Happy Hour	Varies	Studio 5

## SUNDAY

11:30-12:30 PM	Zumba	Lauren S.	Studio 5
4:15-5:00 PM	Cycle	Tiffany H.	Cycle Studio

**2019-20 Group Fitness Pass required to attend classes in blue, except for during Free Weeks!**

### Free Weeks of Fitness:

August 26-September 1  
October 21-27  
December 9-11

### 5-Week Fitness Programs

*Sign up for a 5-week program where you meet each week with the same group of people and build on the skills learned in the week prior. These classes are not included in the 2019-20 Group Fitness Pass.*

**Session 1:** September 9-October 11

**Session 2:** October 28-November 25

**Jazz Choreography** - \$15 per session  
Mondays 4:15-5:00 PM

**Faculty/Staff Yoga** - \$30 per session  
Mondays & Fridays 12:00-12:50 PM

**Faculty/Staff Yogalates** - \$15 per session  
Wednesdays 12:00-12:50 PM

Website: [www.students.umw.edu/campusrec](http://www.students.umw.edu/campusrec)

Registration: [campusrec.umw.edu](http://campusrec.umw.edu)

Offices: UMW Fitness Center

Phone: 540-654-1732



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