

FALL 2019

UMW FITNESS CLASSES

MONDAY

4:15-5:00 PM	HIIT & Core	Brenna	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

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 5
5:15-5:45 PM	FlexAbility	Payton	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	Rebecca	Cycle Studio

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

Free Fitness Classes:

Every Fitness Happy Hour class

Free Week: August 26-September 1

Free Week: October 21-27

Free Week: 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

Updated 8.30.2019

Website: www.students.umw.edu/campusrec

Registration: campusrec.umw.edu

Offices: UMW Fitness Center

Phone: 540-654-1732



@UMWCampusRec



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