

FITNESS CLASS SCHEDULE

MONDAY

4:15-5:00pm	HIIT & Core	Brittanie
5:15-6:15pm	Beginner Yoga	Bill
6:30-7:30pm	Barre	Carolyn
7:45-8:30pm	Cycle 45	Nancy

TUESDAY

7:30-8:30am	Wake-Up Yoga	Raam
4:30-5:00pm	Cycle 30	Brittanie
5:15-6:15pm	Beginner Yoga	Raam
6:30-7:15pm	Martial Arts Strength & Conditioning	Brian

WEDNESDAY

4:15-5:00pm	Pilates	Anna
5:15-6:00pm	Cardio Kickboxing	Olivia
6:30-7:15pm	Vinyasa Flow Yoga	Maddie

THURSDAY

4:15-5:00pm	Zumba	Brittanie
5:15-6:00pm	Strength	Emily
6:00-6:30pm	Cycle 30	Jentry
6:45-7:30pm	Yin Yoga/Stretching	Maddie

FRIDAY

4:00-5:15pm	Relaxation Yoga	Bill
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December 9-12, classes are free!

You must have purchased the 2018-19 Group Fitness Pass (\$10) to attend classes from September 3 - December 7.

Please check in at the Fitness Center front desk for every class.

You can pre-register for a class 24 hours in advance & purchase your \$10 GF Pass on our registration site.

Classes in bold font take place in Goolrick Studio 4.

All cycle classes take place in the Fitness Center Cycle Studio.

All other classes take place in Goolrick Studio 5.

FALL 2018

Updated 9/26/2018

Website: www.students.umw.edu/campusrec

Registration: campusrec.umw.edu

Offices: UMW Fitness Center

Phone: 540-654-1732



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