



URecFit
UNIVERSITY of MARYLAND
BALTIMORE

Online Fitness Classes **NOW AVAILABLE**

URecFit Group Exercise has gone online! All classes will be available for registration on URecFit Live. You are not required to be a URecFit member to sign up.

Registration will remain open until the group exercise class begins. We recommend registering and joining the class 10 minutes prior to start time to ensure your audio and visual components are working properly.

For more information, including registration instructions, visit

<https://www.umaryland.edu/urecfite/fitness/online-fitness-and-wellness-resources/online-fitness-classes/>

Monday	Tuesday	Wednesday	Thursday	Friday
HIIT 7 - 7:45 a.m. Jasmine - Virtual	Kickboxing 8 - 8:30 a.m. Carin (Begins Sept. 7)	Cardio Sculpt 8 - 8:30 a.m. Carin (Begins Sept. 8)	Tabata 7-7:30 a.m. Jasmine	
Yoga and Core Noon - 12:30 p.m. Ashley - Virtual Begins(Sept. 13)	Total Body Trainig Noon - 12:30 p.m. Jasmine - Virtual			Core & Conditioning Noon - 12:30 p.m. Jasmine - Virtual
Yoga 5 - 5:30 p.m. Karen - Virtual	Energy Medicine Yoga 6- 6:30 p.m. Karen	Abs and Glutes 5 - 5:30 p.m. Ashley - Virtual (Begins Sept 1)	Yoga 5 - 5:30 p.m. Karen - Virtual	