

GROUP EXERCISE

Jan 23 – May 12

URecFit and Wellness

UNIVERSITY of MARYLAND, BALTIMORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>HIIT 7 - 7:45 a.m. Jasmine – Rm 415</p>		<p>Yoga 7 – 8 a.m. Michelle – Rm 415 *Begins Feb. 1</p>		<p>HIIT 7 - 7:45 a.m. Jasmine – Rm 415</p>
		<p>Boot Camp Noon – 12:45 p.m. Jasmine – Rm Pratt</p>	<p>Lower Body Training Noon – 12:45 p.m. Jasmine – Rm 415</p>	<p>Boot Camp Noon – 12:45 p.m. Jasmine – Rm Pratt</p>	
		<p>Zumba 5:15 – 6:15 p.m. Chloe – Rm 415</p>			

Reservations:

Reserve your spot online at

<https://urecfitlive.umaryland.edu/>

Reservations begin 1 day before the start of class . A reservation is only held for up to 10 minutes before the class starts , then it may be forfeited to a walk-in participant. The group exercise schedule is subject to change at any time.

*Wrist bands are not required for Aquatics classes.

STRENGTH
CARDIO
DANCE
MIND/BODY
Cycling
AQUATICS*

Questions or Comments?

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