

GROUP EXERCISE

Jan. 5 – May. 22

URecFit and Wellness
UNIVERSITY of MARYLAND, BALTIMORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vinyasa Flow Yoga 7 - 8 a.m. Jonathan – Room 415 <i>Starts 1/12</i>					
			Mat Pilates 8 – 9 a.m. Cassie – Rm 415		
	Bands, Bars, and Balls 11 a.m. – 12 p.m. Rose – Rm 415		Roll, Balance, Flow 11 a.m. – 12 p.m. Rose – Rm 415		Gentle Yoga 10:15 – 11:15 a.m. Hiya – Rm 415
Mat Pilates 4 p.m. – 5 p.m. Cassie – Rm 415	Yoga Sculpt 12:15 – 1:15 p.m. Sydney – Rm 415		Pilates Sculpt 12:15 – 1:15 p.m. Rose – Rm 415		
Water Aerobics 5:15 – 6:15 p.m. Cassie – Pool	Bhangra Blast 4:45 – 5:45 p.m. Ashna and Raj – Rm 415 <i>Biweekly starting 1/6</i>				
Zumba 5:15 – 6:15 p.m. Alexa – Rm 415	All Around Strength 5:30 – 6:30pm Clare – Pratt	FlowCore Yoga Fusion 6 – 7 p.m. Michelle – Rm 415 <i>Starts 1/14</i>	Zumba 5:15 – 6:15 p.m. Alexa – Rm 415		
Breath and Alignment Yoga 7:30 – 8:30 p.m. Hiya – Rm 415	Yoga Stretch 6:30 – 7:30 p.m. Hiya – Rm 415	Full Body Strength 7:15 – 8:15 p.m. Robyn – Pratt	Flow and Stretch Yoga 6:30 – 7:30 p.m. Linnea – Rm 415	Spring Fundamentals of Swimming 5 – 6 p.m. Aquatics Staff – Pool	

Reservations:

Reserve your spot online at

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

Reservations begin 6 days 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.

STRENGTH
CARDIO
DANCE
MIND/BODY
CYCLING
AQUATICS*

Questions or Comments?

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