

GROUP EXERCISE

Jun. 2 – Aug. 15

URecFit and Wellness

UNIVERSITY of MARYLAND, BALTIMORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Total Body 7 – 7:45 a.m. Jasmine – Pratt	Power Yoga 7 - 8 a.m. Elanor – Room 415	Total Body 7 – 7:45 a.m. Jasmine – Pratt	Power Yoga 7 - 8 a.m. Elanor – Room 415
		Zumba 8 – 9 a.m. Alexa – Rm 415		Mat Pilates 8 – 9 a.m. Cassie – Rm 415	
		Bands, Bars, and Balls 11 a.m. – 12 p.m. Rose – Rm 415	Mat Pilates 11 a.m. – 12 p.m. Cassie – Rm 415	Roll, Balance, Flow 11 a.m. – 12 p.m. Rose – Rm 415	
	Zumba 5:15 – 6:15 p.m. Alexa – Rm 415	Yoga 5:15 – 6:15 p.m. Michelle – Rm 415	Yin Yoga 5:15 – 6:15 p.m. Emylee – Rm 415	Zumba 5:15 – 6:15 p.m. Alexa – Rm 415	
	HIGH 6:30 – 7:30 p.m. Morgan – Rm 415 *Ends 6/27	TONE 6:30 – 7 p.m. Morgan – Rm 415 *Ends 6/27			Summer Swim Series 5 – 7 p.m. Aquatics Staff – Pool *Ends 8/1

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?
devon.bates@umaryland.edu