

GROUP EXERCISE

Jan. 21 – May. 16

URecFit and Wellness

UNIVERSITY of MARYLAND, BALTIMORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Power Yoga 7 - 8 a.m. Elanor – Room 415	HIGH 7 -7:50 a.m. Morgan – Room 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	TONE 6:30 – 7 p.m. Morgan – Rm 415	Core 7:30 – 8:15 p.m. Robyn – Rm 415	Yoga 6:30 – 7:30 p.m. Linnea – Rm 415	

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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