

GROUP FITNESS EXAM WEEK SCHEDULE

Take a study break & de-stress at our **FREE** Group Fitness Classes!
All fitness levels are welcome.

GREEN TEXT indicates an outdoor class that will occur in the grassy area between the RecPlex and Marianist Hall. Meet at the RecPlex Welcome Desk to pick up a yoga mat. Rain locations are the Studio letter noted.

RED TEXT indicates a blacklight class.

QUESTIONS? Email udgroupfitness@gmail.com!

DAY	TIME	CLASS	INSTRUCTOR	STUDIO
SUNDAY APRIL 30	5:00-5:50pm	Zumba®	Julianna	B
	6:00-6:50pm	Bootcamp	Kathleen	A
		Baptiste Yoga	Hanna O.	Outdoors/B
	7:00-7:50pm	Yoga Spin	Kate & Marie	A
		Power Bar	Rachel	B
	8:00-8:50pm	Deep Stretch Yoga	Kate	Outdoors/A
		Barre	Ellen	B
9:00-9:50pm	Abs & Deep Stretch	Gina	A	
	11:55pm-12:45am	Blacklight Barre	Maddie	A
MONDAY MAY 1	9:00-9:50am	Tabata	Marie	A
	12:30-1:20pm	Tabata Bootcamp	Jen	A
	3:00-3:50pm	Yoga Sculpt	Nina	B
	4:00-4:50pm	Spinning® & Strength	Tyler	A
	5:00-5:50pm	PiYo® LIVE	Mary Beth	A
	6:00-6:50pm	Body Blast	Gina	A
		Power Sculpt	Gina	A
	7:00-7:50pm	Barre Bootcamp	Hannah B.	B
		Cardi-Yoga	Sophie	B
	11:55pm-12:45am	Blacklight Zumba®	Megan & Rachel	A
TUESDAY MAY 2	9:00-9:50am	Barre Bootcamp	Hannah B.	B
	10:00-10:50am	Power Bar	Emily	A
	12:30-1:20pm	Tabata Bootcamp	Jen	A
	3:00-3:50pm	Abs & Deep Stretch	Gina	A
	4:00-4:50pm	Yoga	Sarah	Outdoors/B
	5:00-5:50pm	Barre	Ellen	B
	6:00-6:50pm	P9OX® LIVE	Mary Beth	A
	7:00-7:50pm	Yoga Elements	Nina	Outdoors/A
		Danza Hip Hop 🇺🇸	Megan	B
	8:00-8:30pm	Abs Express	Megan	B
	11:55pm-12:45am	Blacklight Spinning® & Strength	Tyler	A
WEDNESDAY MAY 3	9:00-9:50am	Body Blast	Gina	A
	10:00-10:50am	Deep Stretch Yoga	Kate	Outdoors/B
	12:30-1:20pm	Barre	Maddie	B
	3:00-3:50pm	Yoga Elements	Nina	B
	4:00-4:50pm	Power Bar	Emily	A
	5:00-5:50pm	PiYo® LIVE	Mary Beth	A
	6:00-6:50pm	Spinning® & Strength	Alivia	A
		Abs & Deep Stretch	Megan	B
	7:00-7:50pm	CARDio	Rachel	A
	8:00-8:50pm	Zumba®	Julianna	B
	11:55pm-12:45am	Blacklight Barre	Ellen	A
THURSDAY MAY 4	9:00-9:50am	Spinning® & Strength	Tyler	A
	10:00-10:50am	Body Blast	Jen	A
	12:30-1:20pm	Cardio Dance	Victoria	B
	3:00-3:50pm	Concert Spinning®	Marie	A
	4:00-4:50pm	Barre	Ellen	B
	5:00-5:50pm	Tabata	Marie	A
	6:00-6:50pm	P9OX® LIVE	Mary Beth	A
	7:00-7:50pm	Barre Bootcamp	Ellen	B
		Danza Hip Hop	Megan	A
8:00-8:30pm	Abs Express	Megan	A	
FRIDAY MAY 5	8:00-8:50am	Spinning®	Tyler	A
	12:30-1:20pm	Zumba®	Rachel	A