

GROUP EXERCISE

Jan. 22 – May 10

URecFit and Wellness
UNIVERSITY of MARYLAND, BALTIMORE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Yoga 8 – 9 a.m. Samantha – Rm 415	Yoga 7 – 8 a.m. Michelle – Rm 415	High Fitness 7 -7:50 a.m. Morgan - Room 415	
		Total Body Training Noon - 12:45 p.m. Jasmine – Rm Pratt	Lower Body Training Noon – 12:45 p.m. Jasmine – Rm Pratt	Total Body Training Noon – 12:45 p.m. Jasmine – Rm Pratt	HIIT Noon- 12:45 p.m. Jasmine – Rm 415
	Yin Yoga 5:15 – 6:15 p.m. Emylee – Rm 415	High Fitness 6 -6:50 p.m. Morgan - Room 415	High Fitness 5:30 -6:20 p.m. Morgan - Room 415	Zumba 5:15 – 6:15 p.m. Alexa – 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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