

# GROUP EXERCISE SCHEDULE | March/April 2024

This updated schedule begins Monday, March 18th and is subject to change. Find the most up-to-date schedule, descriptions, and registration on the UREC app or at [services.recreation.richmond.edu](https://services.recreation.richmond.edu).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cycle &amp; Strength</b> ★ 8:00-8:45am Katie G	<b>Barre</b> *REGISTRATION REQUIRED* 8:00-8:45am Katie G	<b>TRX</b> 7:00-7:45am Sadie		<b>Cycle &amp; Strength</b> 8:00-8:45am Katie G
<b>Beginner Yoga</b> ★ 9:15-9:45am Katie G	<b>Pilates Fusion</b> 9:00-9:45am Laura	<b>Cycle &amp; Strength</b> 8:00-8:45am Katie G	<b>Barre</b> *REGISTRATION REQUIRED* 8:00-8:45am Katie G	<b>BODYPUMP™</b> 8:30-9:30am Isabelle
<b>Vinyasa Yoga</b> 10:00-11:00am Lauren	<b>Vinyasa Yoga</b> 10:00-11:00am Lauren	<b>Core Express</b> 9:15-10:00am Katie D	<b>Pilates Fusion</b> 9:00-9:45am Laura	<b>Core Barre</b> 10:15-11:15am Carrie
	<b>HIIT</b> 10:00-10:45am Leah	<b>Vinyasa Yoga</b> 10:00-11:00am Lauren		<b>Stick Mobility &amp; Strength</b> 11:30-12:00pm Nadine
	<b>Power Flow Yoga</b> 11:15am-12:15pm Ann Marie	<b>Beginner Yoga</b> 12:00-1:00pm Sharry	<b>BODYPUMP™ Express</b> 11:15am-12:00pm Sarah	<b>Beginner Yoga</b> 12:00-1:00pm Sharry
<b>Core Express</b> 12:15-1:00pm Katie D	<b>TRX</b> 12:15-1:00pm Nadine	<b>Stick Mobility &amp; Strength</b> 12:15-1:00pm Nadine	<b>Power Flow Yoga</b> 11:15am-12:15pm Ann Marie	<b>HIIT</b> 12:15-1:00pm Nadine
<b>Cycle Express</b> 12:15-12:45pm Mary	<b>BODYPUMP™ Express</b> 12:15-1:00pm Sarah		<b>Kettlebell Strength</b> 12:15-1:00pm Nadine	
	<b>Slow Flow Yoga</b> 12:30-1:15pm Ann Marie	<b>Barre</b> 3:00-3:45pm Katie G	★ <b>Cycle Express</b> starting on 3/28 12:15-12:45pm Shelby	
<b>Cardio Dance</b> 4:20-5:20pm Grace		<b>Kickboxing</b> 4:20-5:20pm Grace	<b>Slow Flow Yoga</b> 12:30-1:15pm Ann Marie	
<b>BODYPUMP™</b> *REGISTRATION REQUIRED* 5:35-6:35pm Abby	<b>BODYPUMP™</b> *REGISTRATION REQUIRED* 5:15-6:15pm Katie D	<b>Meditation and Yin Yoga</b> 5:00-5:45pm Mary	<b>Barre</b> 4:00-5:00pm Rosemary	<b>BODYPUMP™</b> 12:00-1:00pm Katie D
★ <b>Cycle Express</b> 5:45-6:15pm Daria		★ <b>Cycle 45</b> 5:15-6:00pm Catherine	<b>BODYPUMP™</b> *REGISTRATION REQUIRED* 5:15-6:15pm Katie D	<b>Flow Fusion Yoga</b> 5:00-5:50pm Rosemary
<b>Water Works</b> 5:30-6:15pm Mary/Candy   WCR Pool	★ <b>Intermediate Tennis</b> 6:30-8:00pm Kevin   WC Tennis Courts	<b>BODYPUMP™</b> *REGISTRATION REQUIRED* 5:35-6:35pm Abby		★ <b>Intermediate Tennis</b> 6:30-8:00pm Kevin   WC Tennis Courts

LOCATIONS:
MPR 203 (WCR 2nd floor)
MPR 107 (WCR 1st floor)
Mind-Body Studio (WBC 2nd floor)
Other (listed)
<b>WCR regular hours:</b> Mon-Thurs 6am-midnight Fri 6am-11pm Sat 9am-11pm Sun 9am-midnight



★ = new class day, time, format, and/or instructor