GROUP EXERCISE SCHEDULE | SUMMER 2024

This schedule is subject to change. Find the most up-to-date schedule, class descriptions, and registration on the UREC App or at services.recreation.richmond.edu.

WCR SUMMER HOURS
Monday-Friday, 6am-8pm
Saturday-Sunday, 9am-6pm

LOCATIONS: MPR 107 (1st floor WCR) | MPR 203 (2nd floor WCR) | Mind-Body Studio (2nd floor WBC) | Other (listed)

MONDAY

SPIN & STRETCH
8:00-9:00am
Katie G | MPR 107

VINYASA YOGA
10:00-11:00am
Lauren | Mind-Body Studio

CORE EXPRESS
12:15-1:00pm
Katie D | MPR 203

CYCLE EXPRESS
12:15-12:45pm
Mary | MPR 107

YOGA FLOW
5:00-5:45pm
Celine | Mind-Body Studio

WATER WORKS
5:30-6:15pm
Candy/Mary | Pool

TUESDAY

BARRE
7:45-8:30am
Katie G | MPR 203

PILATES FUSION
9:00-9:45am
Laura | MPR 203

VINYASA YOGA
10:00-11:00am
Lauren | Mind-Body Studio

POWER FLOW YOGA
11:15am-12:15pm
Ann Marie | Mind-Body Studio

TRX
12:15-1:00pm
Nadine | MPR 107

BODYPUMP™ EXPRESS
12:15-1:00pm
Sarah | MPR 203

SLOW FLOW YOGA
12:30-1:15pm
Ann Marie | Mind-Body Studio

BODYPUMP™
5:15-6:15pm
Katie D | MPR 203

INTERMEDIATE TENNIS*
6:30-8:00pm
Kevin | WC Tennis Courts

WEDNESDAY

TRX
7:00-7:45am
Sadie | MPR 107

CYCLE & STRENGTH
8:00-8:45am
Katie G | MPR 107

CORE EXPRESS
9:15-10:00am
Katie D | MPR 203

VINYASA YOGA
10:00-11:00am
Lauren | Mind-Body Studio

BEGINNER YOGA
12:00-1:00pm
Sharry | Mind-Body Studio

STICK MOBILITY & STRENGTH
12:15-1:00pm
Nadine | MPR 203

BARRE
3:00-3:45pm
Katie | MPR 203

MEDITATION & YIN YOGA
5:00-5:45pm
Mary | Mind-Body Studio

THURSDAY

BARRE
7:45-8:30am
Katie G | MPR 203

BODYPUMP™ EXPRESS
11:15am-12:00pm
Sarah | MPR 203

POWER FLOW YOGA
11:15am-12:15pm
Ann Marie | Mind-Body Studio

CYCLE EXPRESS
12:15-12:45pm
Catherine/Sarah | MPR 107

KETTLEBELL STRENGTH
12:15-1:00pm
Nadine | MPR 203

SLOW FLOW YOGA
12:30-1:15pm
Ann Marie | Mind-Body Studio

BARRE
4:00-5:00pm
Rosemary | MPR 203

BODYPUMP™
5:15-6:15pm
Katie D | MPR 203

INTERMEDIATE TENNIS*
6:30-8:00pm
Kevin | WC Tennis Courts

FRIDAY

CYCLE & STRENGTH
8:00-8:45am
Katie G | MPR 107

CORE BARRE
10:15-11:15am
Carrie | MPR 203

STICK MOBILITY & STRENGTH
11:30am-12:00pm
Nadine | MPR 203

BEGINNER YOGA
12:00-1:00pm
Sharry | Mind-Body Studio

HIIT
12:15-1:00pm
Nadine | MPR 203

YOGA FLOW
5:00-5:45pm
Celine | Mind-Body Studio

SUNDAY

BODYPUMP™
12:00-1:00pm
Katie D | MPR 203

FLOW FUSION YOGA
4:45-5:45pm
Rosemary | MPR 203

*Intermediate Tennis requires advanced registration