

# August Group Exercise Schedule August 18<sup>th</sup> – August 25<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
		Masters Swimming - Pool Mitch 6:00-7:00am			
Barre Express - 203 Katie 7:00-7:45am	BodyPump Express - 203 Devan 7:00-7:45am	Intermediate TRX – 2 <sup>nd</sup> Floor SanDee 7:00-7:45am	INSANITY – 203 Devan 7:00-7:45am	BodyPump - 203 Caroline 7:30-8:30am	
Vinyasa Yoga - 203 Lauren 8:30-9:30am	Barre Express - 203 Katie 8:15-9:00am	Vinyasa Yoga - 203 Lauren 8:30-9:30am	Barre Express - 203 Katie 8:15-9:00am		
	Cycle and Strength - 107 Maria 9:00-10:00am		Cycle and Strength - 107 Maria 9:00-10:00am		Spinning - 107 Michael 9:30-10:30am
	Yoga Fundamentals – 203 Lauren 10:00-11:00am		Yoga Fundamentals – 203 Celine 10:00-11:00am	Core Barre - 203 Carrie 10:30-11:15am	BodyPump – 203 Rachel 10:00-11:00am
Beginner Yoga - 203 Sharry 11:00-12:00pm	Power Flow Yoga - 203 Ann Marie 11:15-12:15pm		Power Flow Yoga – 203 Ann Marie 11:15-12:15pm		
Zumba – 203 Zena 12:15-1:00pm	TRX -2 <sup>nd</sup> Floor Nadine 12:15-1:00pm	BodyPump Express - 203 Sarah 12:10-1:00pm	TRX -2 <sup>nd</sup> Floor Nadine 12:15-1:00pm		
Cycle Express - 107 Joella 12:15pm-12:45pm		Roll with It – 107 Nadine 12:15-1:00pm	Cycle Express - 107 Joella 12:15pm-12:45pm	HIIT - 203 Nadine 12:15-1:00pm	
	Slow Flow Yoga - 203 Ann Marie 12:30-1:15pm		Slow Flow Yoga - 203 Ann Marie 12:30-1:15pm	Masters Swimming - Pool Sam 12:30-1:30pm	
BodyPump - 203 Molly 5:15-6:15pm	Barre - 203 Gina 5:15-6:15pm	Cardio MMA – 203 Caroline 5:15-6:15pm	Barre - 203 Gina 5:15-6:15pm		Flow Fusion Yoga – 203 Rosemary 5:00-6:00pm
	Cycle 45 – 107 Leah 5:30pm-6:15pm		Cycle 45 – 107 Leah 5:30pm-6:15pm		Tennis Kevin 6:30-8:00pm
Masters Swimming – Pool Mitch 6:00-7:00pm			Water Works – Pool Mary 5:30-6:15pm		
HIIT – 203 Molly 6:30-7:15pm	Pilates – 203 Khalah 6:30-7:30pm	BodyPump - 203 Rachel 6:30-7:30pm	Pilates – 203 Khalah 6:30-7:30pm		
		Tennis Kevin 6:30-8:00pm			



Health & Well-being  
UNIVERSITY RECREATION

[recreation.richmond.edu](http://recreation.richmond.edu)