# GROUP EXERCISE SCHEDULE - JUNE 2022

This schedule is subject to change. Find the most up-to-date schedule and registration at [services.recreation.richmond.edu](http://services.recreation.richmond.edu).

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **Barre** 8:00-8:45am  
Katie | **TRX** 7:00-7:45am  
Sadie | **Cycle & Strength** 8:00-8:45am  
Katie | **Barre** 8:00-8:45am  
Katie | **Cycle & Strength** 8:00-8:45am  
Katie | No classes |
| **Vinyasa Yoga** 10:00-11:00am  
Lauren | **Vinyasa Yoga** 10:00-11:00am  
Lauren | **Cycle & Strength** 8:00-8:45am  
Katie | **Yoga Flow** 10:00-11:00am  
Celine | **Core Barre** 10:30-11:15am  
Carrie | |
| **Core Strength & Balance** 12:15-1:00pm  
Joella | **Power Flow Yoga** 11:15am-12:15pm  
Ann Marie | **Stick Mobility & Strength** 12:15-1:00pm  
Nadine | **Foam Rolling** 12:15-1:00pm  
Nadine | **HIIT** 12:15-1:00pm  
Nadine | |
| **Cycle Express** 12:15-1:00pm  
Mary | **TRX** 12:15-1:00pm  
Nadine | **TRX** 12:15-1:00pm  
SanDee | **Core Strength & Balance** 12:15-1:00pm  
Joella | **Intermediate Tennis** 4:30-6:00pm  
Kevin | |
| **HiIT** 12:15-1:00pm  
Reiley | **BODYPUMP™ Express** 12:15-1:00pm  
Sarah | **Core Strength & Balance** 12:15-1:00pm  
Joella | **Slow Flow Yoga** 12:30-1:15pm  
Ann Marie | | |
| **Cardio Dance** 5:00-6:00pm  
Grace | **Cycle 45** 5:15-6:00pm  
Leah | **Kickboxing* 6:00-7:00pm  
Grace** | **BODYPUMP™ Express** 5:30-6:15pm  
Sarah | | |
| **Cycle Express** 5:15-5:45pm  
Leah | **Meditation and Yin Yoga* 5:00-5:45pm  
Mary** | **Intermediate Tennis** 6:30-8:00pm  
Kevin | **Water Works** 6:00-7:00pm  
Mary | | |
| **Yoga Flow* 5:00-5:45pm  
Celine** | | **Meditation and Yin Yoga* 5:00-5:45pm  
Mary** | | | |

**LOCATIONS:**

- MPR 203
- MPR 107
- Mind-Body Studio
- Other (listed)

WCR summer hours:
- M-F 6am-8pm
- Sat/Sun 9am-6pm

*THE START/END TIMES OF THESE CLASSES HAVE CHANGED THIS MONTH.*