# GROUP EXERCISE SCHEDULE | Fall 2023

This schedule begins on Sunday, August 27th 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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRX</strong></td>
<td><strong>Barre</strong></td>
<td><strong>Cycle &amp; Strength</strong></td>
<td><strong>BODYPUMP™</strong></td>
<td><strong>Barre</strong></td>
</tr>
<tr>
<td>8:00-8:45am</td>
<td>7:00-7:45am</td>
<td>8:00-8:45am</td>
<td>6:45-7:45am</td>
<td>8:00-8:45am</td>
</tr>
<tr>
<td>Katie G</td>
<td>Sadie</td>
<td>Katie G</td>
<td>Abby</td>
<td>Katie G</td>
</tr>
<tr>
<td><strong>Jumpstart</strong></td>
<td><strong>Pilates Fusion</strong></td>
<td><strong>Core Express</strong></td>
<td><strong>Pilates Fusion</strong></td>
<td><strong>Core Barre</strong></td>
</tr>
<tr>
<td>8:30-9:15am</td>
<td>9:00-9:45am</td>
<td>9:15-10:00am</td>
<td>9:00-9:45am</td>
<td>10:15-11:15am</td>
</tr>
<tr>
<td>Katie G</td>
<td>Laura</td>
<td>Katie D</td>
<td>Laura</td>
<td>Carrie</td>
</tr>
<tr>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Stick Mobility &amp; Strength</strong></td>
<td><strong>BODYPUMP™ Express</strong></td>
</tr>
<tr>
<td>10:00-11:00am</td>
<td><strong>starts on Tuesday, 9/12</strong></td>
<td>10:00-11:00am</td>
<td>11:30-12:00pm</td>
<td>11:00-12:00pm</td>
</tr>
<tr>
<td></td>
<td>10:00-10:45am</td>
<td>Lauren</td>
<td>Nadine</td>
<td>Sarah</td>
</tr>
<tr>
<td></td>
<td><strong>Power Flow Yoga</strong></td>
<td><strong>Beginner Yoga</strong></td>
<td><strong>Kettlebell Strength</strong></td>
<td><strong>Power Flow Yoga</strong></td>
</tr>
<tr>
<td></td>
<td>11:00am-12:15pm</td>
<td>12:00-1:00pm</td>
<td>12:15-1:00pm</td>
<td>11:15am-12:15pm</td>
</tr>
<tr>
<td></td>
<td>Ann Marie</td>
<td>Sharry</td>
<td>Nadine</td>
<td>Ann Marie</td>
</tr>
<tr>
<td><strong>Cycle Express</strong></td>
<td><strong>TRX</strong></td>
<td><strong>Stick Mobility &amp; Strength</strong></td>
<td><strong>Slow Flow Yoga</strong></td>
<td><strong>BODYPUMP™</strong></td>
</tr>
<tr>
<td>12:15-1:50pm</td>
<td><strong>starts on Tuesday, 9/12</strong></td>
<td>12:15-1:00pm</td>
<td>12:30-1:15pm</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td></td>
<td>12:15-1:00pm</td>
<td>12:15-1:00pm</td>
<td>12:30-1:15pm</td>
<td>Katie D</td>
</tr>
<tr>
<td></td>
<td>Mary</td>
<td>Nadine</td>
<td>Ann Marie</td>
<td>Abby</td>
</tr>
<tr>
<td><strong>BODYPUMP™ Express</strong></td>
<td><strong>Cardio Dance</strong></td>
<td><strong>Barre</strong></td>
<td><strong>BODYPUMP™</strong></td>
<td><strong>Barre</strong></td>
</tr>
<tr>
<td>12:15-1:00pm</td>
<td>4:15-5:15pm</td>
<td>4:00-5:00pm</td>
<td>5:15-6:15pm</td>
<td>5:15-6:15pm</td>
</tr>
<tr>
<td></td>
<td>Sarah</td>
<td>Rosemary</td>
<td>Katie D</td>
<td>Katie D</td>
</tr>
<tr>
<td><strong>Yoga Flow</strong></td>
<td><strong>Slow Flow Yoga</strong></td>
<td><strong>Meditation and Yin Yoga</strong></td>
<td><strong>Cycle 45</strong></td>
<td><strong>BodyFlow Yoga</strong></td>
</tr>
<tr>
<td>5:00-5:50pm</td>
<td>12:30-1:15pm</td>
<td>5:00-5:45pm</td>
<td>5:15-6:15pm</td>
<td>5:00-5:50pm</td>
</tr>
<tr>
<td></td>
<td>Celine</td>
<td>Mary</td>
<td>Leah</td>
<td>Abby</td>
</tr>
<tr>
<td><strong>BODYPUMP™</strong></td>
<td><strong>Intermediate Tennis</strong></td>
<td><strong>BODYPUMP™</strong></td>
<td><strong>Kickboxing</strong></td>
<td><strong>Intermediate Tennis</strong></td>
</tr>
<tr>
<td>5:00-6:00pm</td>
<td>6:30-8:00pm</td>
<td>5:30-6:30pm</td>
<td>6:30-7:30pm</td>
<td>6:30-8:00pm</td>
</tr>
<tr>
<td></td>
<td>Abby</td>
<td>Isabelle</td>
<td>Grace</td>
<td>Kevin</td>
</tr>
<tr>
<td><strong>Cycle 45</strong></td>
<td><strong>WATER WORKS</strong></td>
<td><strong>BODYPUMP™</strong></td>
<td><strong>Flow Fusion Yoga</strong></td>
<td><strong>Intermediate Tennis</strong></td>
</tr>
<tr>
<td>5:15-6:15pm</td>
<td>5:30-6:15pm</td>
<td>5:15-6:15pm</td>
<td>5:00-5:50pm</td>
<td>5:00-6:00pm</td>
</tr>
<tr>
<td></td>
<td>Leah</td>
<td>Katie D</td>
<td>Leah</td>
<td>Kevin</td>
</tr>
<tr>
<td><strong>Intermediate Tennis</strong></td>
<td><strong>Kettlebell Strength</strong></td>
<td><strong>BODYPUMP™</strong></td>
<td><strong>BodyFlow Yoga</strong></td>
<td><strong>BodyFlow Yoga</strong></td>
</tr>
<tr>
<td>6:30-8:00pm</td>
<td>11:30-12:00pm</td>
<td>5:30-6:30pm</td>
<td>5:00-5:50pm</td>
<td>5:00-6:00pm</td>
</tr>
<tr>
<td></td>
<td>Kevin</td>
<td>Isabelle</td>
<td>Rosemary</td>
<td>Abby</td>
</tr>
</tbody>
</table>

## LOCATIONS:
- **MPR 203** (WCR 2nd floor)
- **MPR 107** (WCR 1st floor)
- **Mind-Body Studio** (WBC 2nd floor)
- **Other** (listed)
- **WCR fall hours:**
  - Mon-Thurs 6am-midnight
  - Fri 6am-11pm
  - Sat 9am-11pm
  - Sun 9am-midnight
GROUP EXERCISE SCHEDULE | August 2023

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<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Jumpstart  
8:30-9:15am  
Katie G | Barre  
8:00-8:45am  
Katie G | BODYPUMP™  
7:00-8:00am  
Isabelle | Barre  
8:00-8:45am  
Katie G | Cycle & Strength  
8:00-8:45am  
Katie G |
| Pilates Fusion  
9:00-9:45am  
Laura | TRX  
*Registration Required*  
7:00-7:45am  
Sadie | Cycle & Strength  
8:00-8:45am  
Katie G | Yoga Flow  
10:00-11:00am  
Celine | Core Barre  
10:15-11:15am  
Carrie |
| Vinyasa Yoga  
10:00-11:00am  
Lauren | Vinyasa Yoga  
10:00-11:00am  
Lauren | Vinyasa Yoga  
10:00-11:00am  
Lauren | Yoga Flow  
11:15am-12:00pm  
Sarah | Stick Mobility & Strength  
11:30-12:00pm  
Nadine |
| Core Express  
12:15-1:00pm  
Katie D | TRX  
*Registration Required*  
12:15-1:00pm  
Nadine | TRX  
*Registration Required*  
12:15-1:00pm  
Nadine | Power Flow Yoga  
11:15am-12:15pm  
Ann Marie | Power Flow Yoga  
12:00-1:00pm  
Sharry |
| Cycle Express  
12:15-12:45pm  
Mary | BODYPUMP™ Express  
12:15-1:00pm  
Sarah | BODYPUMP™ Express  
12:15-1:00pm  
Sarah | Beginner Yoga  
12:00-1:00pm  
Sharry | HIIT  
12:15-1:00pm  
Nadine |
| Yoga Flow  
5:20-5:50pm  
Celine | Slow Flow Yoga  
12:30-1:15pm  
Ann Marie | BODYPUMP™ Express  
4:30-5:15pm  
Katie D | Slow Flow Yoga  
12:30-1:15pm  
Ann Marie | Kettlebell Strength  
12:15-1:00pm  
Nadine |
| Cycle 45  
5:15-6:00pm  
Leah | Meditation and Yin Yoga  
5:00-5:45pm  
Mary | Cycle 45  
5:15-6:00pm  
Leah | Yoga Flow  
5:00-5:50pm  
Celine | Flow Fusion Yoga  
5:00-5:50pm  
Rosemary |
| Cardio Dance  
5:30-6:30pm  
Grace | Bodypump™  
5:00-6:00pm  
Katie D | Barre  
4:00-5:00pm  
Rosemary | Bodypump™  
12:00-1:00pm  
Katie D |
| Water Works  
5:30-6:15pm  
Mary/Candy | Intermediate Tennis  
6:30-8:00pm  
WC Tennis Courts | Kickboxing  
5:30-6:30pm  
Grace | Intermediate Tennis  
6:30-8:00pm  
WC Tennis Courts | Flow Fusion Yoga  
5:00-5:50pm  
Rosemary |

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

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

THROUGH AUGUST 25TH