

GROUP EXERCISE SCHEDULE | Spring 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Barre 8:00-8:45am Katie G	TRX 7:00-7:45am Sadie	BODYPUMP™ Express 6:15-7:00am Katie D	Cycle & Strength 8:00-8:45am Katie G	LOCATIONS: MPR 203 MPR 107 Mind-Body Studio Other (listed) WCR spring hours: M-Th 6am-Midnight F 6am-11pm Sat 9am-11pm Sun 9am-Midnight
Jumpstart 8:30-9:15am Katie G	Pilates Fusion 9:00-9:45am Laura	Cycle & Strength 8:00-8:45am Katie G		BODYPUMP™ 8:30-9:30am Isabelle	
Vinyasa Yoga 10:00-11:00am Lauren	HIIT 10:00-10:45am Clare		Barre 8:00-8:45am Katie G		
HIIT 10:00-10:45am Leah	Vinyasa Yoga 10:00-11:00am Lauren	Vinyasa Yoga 10:00-11:00am Lauren	Pilates Fusion 9:00-9:45am Laura	Core Barre 10:15-11:15am Carrie	
	Power Flow Yoga 11:15am-12:15pm Ann Marie	Kickboxing 11:00am-12:00pm Grace	Yoga Flow 10:00-11:00am Celine	Stick Mobility & Strength 11:30-12:00pm Nadine	
Cycle Express 12:15-12:45pm Mary	TRX 12:15-1:00pm Nadine	Beginner Yoga 12:00-1:00pm Sharry	BODYPUMP™ Express 11:15am-12:00pm Sarah	Beginner Yoga 12:00-1:00pm Sharry	
	BODYPUMP™ Express 12:15-1:00pm Sarah	Stick Mobility & Strength 12:15-1:00pm Nadine	Power Flow Yoga 11:15am-12:15pm Ann Marie	HIIT 12:15-1:00pm Nadine	
	Slow Flow Yoga 12:30-1:15pm Ann Marie		Kettlebell Strength 12:15-1:00pm Nadine		
Yoga Flow 5:00-6:00pm Celine	Pilates Fusion 2:00-2:45pm Catie Leigh	Meditation and Yin Yoga 5:00-5:45pm Mary	Slow Flow Yoga 12:30-1:15pm Ann Marie	Yoga Flow 5:00-6:00pm Celine	
Cycle 45 5:15-6:00pm Leah	Cardio Dance 4:30-5:30pm Grace	Cycle 45 5:15-6:00pm Leah	Beginner Yoga 2:00-2:45pm Catie Leigh		
Water Works 5:30-6:15pm Mary/Candy WCR Pool	BODYPUMP™ 5:45-6:45pm Jasmine	BODYPUMP™ 5:30-6:30pm Isabelle	Barre 4:00-5:00pm Rosemary	SUNDAY	
				BODYPUMP™ 12:00-1:00pm Katie D	
				Flow Fusion Yoga 5:00-6:00pm Rosemary	

