



GROUP EXERCISE SCHEDULE | FALL 2024

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

WCR FALL HOURS

Mon-Thurs 6am-12am;
Fri 6am-11pm; Sat 9am-11pm;
Sun 9am-12am

LOCATIONS:

MPR 107
(1st floor WCR)

MPR 203
(2nd floor WCR)

Mind-Body Studio
(2nd floor WBC)

Other
(listed)

MONDAY

CYCLE & FLOW
8:00-9:00am
Katie G | MPR 107

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

RESTORATIVE YOGA
11:15am-12:00pm
Mary | 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

CARDIO DANCE
5:30-6:15pm
Christina | MPR 203

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
Rosemary | Mind-Body Studio

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

BODYPUMP™ 45
12:15-1:00pm
Sarah | MPR 203

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

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

YOGA FOR 12-STEP RECOVERY
6:30-7:30pm
Melissa | Mind-Body Studio

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

WEDNESDAY

BODYPUMP™
6:30-7:30am
Isabelle | MPR 203

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

NEW
CYCLE 45
5:00-5:45pm
Kayla | MPR 107

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

BODYPUMP™
5:30-6:30pm
Sophia | MPR 203

THURSDAY

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

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

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

BODYPUMP™ 45
11:15am-12:00pm
Sarah | MPR 203

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

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

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

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

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

NEW
CYCLE & STRENGTH
5:00-5:45pm
Kayla | MPR 107

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

FRIDAY

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

STRETCH, STRENGTH, & SCULPT
9:00-9:45am
Melissa | MPR 203

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

*These classes require advanced registration

Updated 10/2024