

GROUP EXERCISE SCHEDULE SPRING 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.-7:00 a.m. Core Training	6:30 a.m.-7:15 a.m. Body Sculpt	6:30 a.m.-7:15 a.m. HIIT	6:30 a.m.-7:15 a.m. HIIT	8:00 a.m.-8:45 a.m. HIIT	10:00 a.m.-10:45 a.m. HIIT
7:15 a.m.-8:00 a.m. HIIT	7:30 a.m.-8:15 a.m. HIIT	7:00 a.m.-7:45 a.m. Power Yoga	7:30 a.m.-8:15 a.m. Body Sculpt	8:00 a.m.-8:45 a.m. Yoga Fitness	12:00 p.m.-12:45 p.m. Vinyasa Flow
8:15 a.m.-9:00 a.m. Pilates	9:30 a.m.-10:15 a.m. HIIT	7:30 a.m.-8:00 a.m. Core Training	8:30 a.m.-9:15 a.m. HIIT	9:00 a.m.-9:45 a.m. Body Sculpt	4:00 p.m.-4:45 p.m. Body Sculpt.
8:30 a.m.-9:15 a.m. BOSU	9:30 a.m.-10:15 a.m. Power Yoga	8:30 a.m.-9:15 a.m. Vinyasa Flow	9:00 a.m.-9:45 a.m. Yoga Fitness	9:30 a.m.-10:15 a.m. Vinyasa Flow	<p style="text-align: center;">SUNDAY</p> <p>12:00 p.m.-12:30 p.m. Core Training</p> <p>4:00 p.m.-4:45 p.m. HIIT</p> <p>5:00 p.m.-5:45 p.m. Pilates</p> <p>6:30 p.m.-7:15 p.m. Power Yoga</p> <p>In-person classes will take place in MAC 3 (gym space), Group Exercise Studio 2, Mind Body Studio 1 or the Aquatic Center. Please check registration for location.</p> <p>Participants may choose to remove their masks only in selected group exercise classes.</p> <p>Please bring your own water bottle and mat if you own one.</p> <p>Virtual classes will be uploaded on UREC's YouTube channel!</p>
9:00 a.m.-9:45 a.m. Power Yoga	12:30 p.m.-1:15 p.m. Yoga Fitness	8:30 a.m.-9:15 a.m. Body Sculpt	12:00 p.m.-12:45 p.m. Body Sculpt	10:30 a.m.-11:15 a.m. Step & Sculpt	
9:30 a.m.-10:15 a.m. Step	1:30 p.m.-2:15 p.m. BOSU	10:30 a.m.-11:15 a.m. Pilates	1:30 p.m.-2:15 p.m. HIIT	11:30 a.m.-12:15 p.m. Power Yoga	
12:00 p.m.-12:45 p.m. HIIT	1:30 p.m.-2:15 p.m. HIIT	12:00 p.m.-12:45 p.m. HIIT	3:30 p.m.-4:15 p.m. Power Yoga	12:00 p.m.-12:45 p.m. Body Sculpt	
3:00 p.m.-3:45 p.m. Pilates	3:30 p.m.-4:15 p.m. HIIT	12:00 p.m.-12:45 p.m. Vinyasa Flow	3:30 p.m.-4:15 p.m. Outdoor HIIT	1:00 p.m.-1:45 p.m. HIIT	
4:00 p.m.-4:45 p.m. Outdoor HIIT	4:00 p.m.-4:45 p.m. Step	3:00 p.m.-3:45 p.m. Pilates	4:30 p.m.-5:15 p.m. Step	4:00 p.m.-4:45 p.m. Cardio Dance Party	
5:00 p.m.-5:45 p.m. Step & Sculpt	4:00 p.m.-4:45 p.m. Outdoor Yoga Fitness	4:00 p.m.-4:45 p.m. HIIT	4:30 p.m.-5:15 p.m. Body Sculpt	5:00 p.m.-5:45 p.m. Happy Hour Class	
5:30 p.m.-6:15 p.m. SUP Yoga	4:30 p.m.-5:00 p.m. Core Training	4:00 p.m.-4:45 p.m. Outdoor Vinyasa Flow	5:30 p.m.-6:15 p.m. Kickboxing HIIT		
5:30 p.m.-6:15 p.m. Body Sculpt	5:30 p.m.-6:15 p.m. Pilates	5:00 p.m.-5:45 p.m. BOSU	6:00 p.m.-6:45 p.m. Power Yoga		
6:30 p.m.-7:15 p.m. Restorative Yoga	5:30 p.m.-6:15 p.m. Step	5:30 p.m.-6:15 p.m. SUP Fitness	6:30 p.m.-7:15 p.m. Pilates		
7:00 p.m.-7:30p.m. Core Training	6:00 p.m.-6:45p.m. Yoga Fitness	6:00 p.m.-6:45 p.m. Yoga Fitness	7:30 p.m.-8:15 p.m. Step		
8:00 p.m.-8:45 p.m. Power Yoga	7:00 p.m.-7:45 p.m. Cardio Dance Party	6:00 p.m.-6:45 p.m. Outdoor HIIT	7:30 p.m.-8:00 p.m. Core Training		
	7:30 p.m.-8:15 p.m. Restorative Yoga	6:30 p.m.-7:15 p.m. Step	7:30 p.m.-8:15 p.m. Restorative Yoga		
		6:45 p.m.-7:45 p.m. Sunset Yoga			

**REGISTRATION OPENS
48 HOURS IN ADVANCE
SIGN UP AT
URECREGISTER.JMU.EDU**

