



Hoos Well Drop-In Group Fitness Class Schedule

Spring 2025: January 13 - May 9

UVA faculty, staff, and spouses are invited to participate in free weekly classes. Due to the popularity of our classes, and to receive communication on last minute class changes, we recommend that you register in advance. Register on the UVA Rec app. Download *free* from Apple and Google. Please check the app or rec.virginia.edu/group-fitness for the most up to date class schedule.

Aquatic & Fitness Center

Battle Building (Med Campus)

Time	MONDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie	AFC 2
12-12:45pm	Mat Pilates <small>HW</small>	Peach	AFC 4

Time	MONDAY	Instructor	Location
4:30-5:30pm	Zumba® <small>HW</small>	Yingtang	Quayle Rm

Some dates may be cancelled due to Quayle Room availability. Please check the online schedule or the UVA Rec app within 24-hours of class to confirm.

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Barre <small>HW</small>	Heidi	AFC 4

Virtual Programming

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie	AFC 2
12-12:45pm	Mat Strength <small>HW</small>	Rachel	AFC 4
4:30-5:15pm	Barre <small>HW</small>	Dakota	AFC 4

Time	MONDAY	Instructor	Location
6-6:45pm	Virtual Mat Pilates <small>HW</small>	Grace	Live on Zoom

**Please e-mail recreation@virginia.edu or call the UVA Rec Business Office at 434-924-3791 before class and during business hours for the Zoom password. Register for class on the UVA Rec app or UVA Rec website.*

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Strong & Sculpt <small>HW</small>	Allison	AFC 4

North Grounds Rec Center

Time	FRIDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Teresa	AFC 2
11-11:45am	Yoga Sculpt <small>HW</small>	Hailey	NGRC 3
12-12:45pm	Zumba® <small>HW</small>	Johanna	AFC 1

Time	MONDAY	Instructor	Location
6:30-7:15am	Mat Strength <small>HW</small>	Jill	NGRC 3
5:30-6:15pm	Aqua Jogging <small>HW</small>	Hosni	Pool

Time	TUESDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>HW</small>	Eve	NGRC 3
5:30-6:30pm	De-stress Yoga <small>HW</small>	John	NGRC 3

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Yoga Sculpt <small>HW</small>	Jill	NGRC 3
5:30-6:15pm	Aqua Jogging <small>HW</small>	Hosni	Pool

The schedule is subject to change. For the most up to date schedule, please download the free UVA Rec app available from iTunes & Google Play. For questions about the class schedule, please contact Jackie Lebeau at JackieL@virginia.edu

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>HW</small>	Eve	NGRC 3
5:30-6:30pm	Integral Yoga <small>HW</small>	Matt	NGRC 3