

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	Time	MONDAY	Instructor	Location	
6:30-7:15am	Total Body Pump нw	Katie	AFC 2	4:30-5:30pm	Zumba [®] нw	Yingtang	Quayle Rm	
12-12:45pm	Mat Pilates нw	Peach	AFC 4	Some dates m	ay be cancelled due to Quayle Room a	ıvailability. Please	check	
				the online sch	edule or the UVA Rec app within 24-ho	ours of class to co	nfirm.	
Time	TUESDAY	Instructor	Location		Virtual Programming			
12:30-1:15pm	Barre нw	Heidi	AFC 4					
				Time	MONDAY	Instructor	Location	
Time	WEDNESDAY	Instructor	Location	6-6:45pm	Virtual Mat Pilates нw	Grace	Live on Zoo	
6:30-7:15am	Total Body Pump нw	Katie	AFC 2		ail <u>recreation@virginia.edu</u> or call th			
12-12:45pm	Mat Strength нw	Rachel	AFC 4	at 434-924-3791 before class and during business hours for the Zoom password.				
4:30-5:15pm	Barre нw	Dakota	AFC 4	Reg	ister for class on the UVA Rec app or l	DVA REC WEDSILE.		
Time	THURSDAY	Instructor	Location		North Grounds Rec	Center		
Time 2:30-1:15pm	THURSDAY Strong & Sculpt нw	Instructor Allison	Location AFC 4		North Grounds Rec	Center		
				Time	North Grounds Rec (Center Instructor	Locatio	
2:30-1:15pm Time	Strong & Sculpt HW FRIDAY		AFC 4	Time 6:30-7:15am			Location	
2:30-1:15pm Time 5:30-7:15am	Strong & Sculpt нw FRIDAY Total Body Pump нw	Allison Instructor Teresa	AFC 4 Location AFC 2		MONDAY	Instructor		
2:30-1:15pm Time 6:30-7:15am 11-11:45am	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw	Allison Instructor Teresa Hailey	AFC 4 Location AFC 2 NGRC 3	6:30-7:15am 5:30-6:15pm	MONDAY Mat Strength нw Aqua Jogging нw	<mark>Instructor</mark> Jill Hosni	NGRC 3 Pool	
2:30-1:15pm Time 5:30-7:15am	Strong & Sculpt нw FRIDAY Total Body Pump нw	Allison Instructor Teresa	AFC 4 Location AFC 2	6:30-7:15am 5:30-6:15pm Time	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY	Instructor Jill Hosni Instructor	NGRC 3 Pool	
2:30-1:15pm Time 6:30-7:15am 11-11:45am	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw	Allison Instructor Teresa Hailey	AFC 4 Location AFC 2 NGRC 3	6:30-7:15am 5:30-6:15pm Time 6:15-7:15am	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY Cycle, Strength & Core нw	Instructor Jill Hosni Instructor Eve	NGRC 3 Pool Location	
2:30-1:15pm Time 6:30-7:15am 11-11:45am	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw	Allison Instructor Teresa Hailey	AFC 4 Location AFC 2 NGRC 3	6:30-7:15am 5:30-6:15pm Time	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY	Instructor Jill Hosni Instructor	NGRC 3 Pool Location	
2:30-1:15pm Time 6:30-7:15am 11-11:45am	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw	Allison Instructor Teresa Hailey	AFC 4 Location AFC 2 NGRC 3	6:30-7:15am 5:30-6:15pm Time 6:15-7:15am 5:30-6:30pm Time	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY Cycle, Strength & Core нw De-stress Yoga нw WEDNESDAY	Instructor Jill Hosni Instructor Eve John Instructor	NGRC 3 Pool Location NGRC 3 Location	
2:30-1:15pm Time 6:30-7:15am 11-11:45am	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw	Allison Instructor Teresa Hailey	AFC 4 Location AFC 2 NGRC 3	6:30-7:15am 5:30-6:15pm 6:15-7:15am 5:30-6:30pm Time 6:30-7:15am	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY Cycle, Strength & Core нw De-stress Yoga нw WEDNESDAY Yoga Sculpt нw	Instructor Jill Hosni Instructor Eve John Instructor Jill	NGRC 3 Pool NGRC 3 NGRC 3 Location NGRC 3	
2:30-1:15pm Time 5:30-7:15am 11-11:45am 12-12:45pm	Strong & Sculpt нw FRIDAY Total Body Pump нw Yoga Sculpt нw Zumba® нw	Allison Instructor Teresa Hailey Johanna	AFC 4 Location AFC 2 NGRC 3 AFC 1	6:30-7:15am 5:30-6:15pm Time 6:15-7:15am 5:30-6:30pm Time	MONDAY Mat Strength нw Aqua Jogging нw TUESDAY Cycle, Strength & Core нw De-stress Yoga нw WEDNESDAY	Instructor Jill Hosni Instructor Eve John Instructor	NGRC 3 Pool Location NGRC 3 NGRC 3	
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