



RECREATION

Group Fitness Class Schedule Spring 2024

January 17 - May 10, 2024

Aquatic & Fitness Center

Time	MONDAY	Instructor	Location
6:30-7:15am	Total Body Pump ^{hw}	Katie	AFC 2
9-9:45am	Rhythm Ride	Heidi	Cycle
4:30-5:15pm	Barre	Kaitlyn	AFC 4
6-6:45pm	Cycle Cardio Party	Skip	Cycle
6:30-7:15pm	X-Fit	Kam	AFC 2
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl Vinyasa Flow	Sona	AFC 4

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Barre ^{hw}	Heidi	AFC 4
5:15-6pm	X-Fit	Brooke	AFC 2
5:30-6:15pm	Rhythm Ride	Dom	Cycle
6:30-7:15pm	Zumba®	Kaitlyn	AFC 1
7-7:45pm	Rhythm Ride	Naomi	Cycle
8-9pm	Night Owl Yoga Flow	Joyce	AFC 4

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump ^{hw}	Edna-Jakki	AFC 2
9-9:45am	Rhythm Ride	Abby	Cycle
4:30-5:15pm	Barre ^{hw}	Dakota	AFC 4
6-6:45pm	Cycle Cardio Party	Skip	Cycle
6:30-7:15pm	HIIT & Fit	Chiara	AFC 2
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl Vinyasa Flow	Cate	AFC 4

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Barre ^{hw}	Hillary/Bella	AFC 4
5:15-6pm	HIIT & Fit	Deneishia	AFC 2
5:30-6:15pm	Cycle HIIT	Hannah	Cycle
6:30-7:15pm	Zumba®	Johanna	AFC 1
7-7:45pm	Rhythm Ride	Paige	Cycle
8-9pm	Night Owl Yoga Strength	Joyce	AFC 4

Time	FRIDAY	Instructor	Location
7-7:45am	Strong ^{hw}	Allison	AFC 4
9-9:45am	Rhythm Ride	Alli	Cycle
10-11am	De-Stress Yoga	Ella L	AFC 4
12-12:45pm	Cycle HIIT ^{hw}	Amanda	Cycle
1-1:45pm	Total Body Pump ^{hw}	Teresa	AFC 2
4:30-5:15pm	Barre	Jenilyn	AFC 4
5:15-6pm	Zumba®	Em	AFC 1

Time	SUNDAY	Instructor	Location
5:30-6:15pm	Cycle Strength /Cycle & a Movie*	Ellen	Cycle
6-6:45pm	Boxing Circuits	Rosie	AFC 2
7-7:45pm	HIIT & Fit	Rosie	AFC 2
7-8pm	Power Yoga	Ella	AFC 4

*Cycle & a Movie will be offered once/month starting in February. The schedule will be posted on the **UVA Rec app**.

Battle Building (Med Campus)

Time	MONDAY	Instructor	Location
4:30-5:30pm	*Zumba® ^{hw}	Yingtang	Quayle Rm

*Zumba® may be cancelled on the following days: 1/29, 2/5, 2/19, 3/18, and 3/25. Please check the online schedule to confirm.

North Grounds Rec Center

Time	MONDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:15-6:15pm	Aqua Jogging ^{hw}	Hosni	Pool
6-6:45pm	Virtual Pilates ^{hw}	Grace	Live on Zoom

Time	TUESDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core ^{hw}	Eve	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:30-6:30pm	Integral Yoga ^{hw}	Matt	NGRC 3

Time	WEDNESDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:15-6:15pm	Aqua Jogging ^{hw}	Hosni	Pool

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core ^{hw}	Eve	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:30-6:30pm	Yoga-Pilates Fusion ^{hw}	Matt	NGRC 3

Time	FRIDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3

Hoos Well Employee Wellness Classes:

Classes in **BLUE TEXT** and labeled with ^{hw} are free for UVA faculty, staff and spouses through the Hoos Well Employee Wellness program. *Class pass holders may also participate.*

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 Group Fitness Schedule or inquiries about employment as an instructor, please contact Jackie Lebeau at jl5kd@virginia.edu