



RECREATION

Group Fitness Class Schedule Spring 2025

January 13 - May 9, 2025

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
12-12:45pm	Mat Pilates HW	Peach	AFC 4
4:30-5:15pm	Barre	Abby	AFC 4
6-6:45pm	Cycle Cardio Party	Chris	Cycle
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Vinyasa Flow	Cate	AFC 4

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Barre HW	Heidi	AFC 4
5:30-6:15pm	All-In Conditioning	Rima	AFC 2
6:30-7:15pm	Zumba®	Em	AFC 1
7-7:45pm	Rhythm Ride	Alli	Cycle
8-9pm	Yoga Vin to Yin	Hailey	AFC 4

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump HW	Katie	AFC 2
9-9:45am	Rhythm Ride	Jackie	Cycle
12-12:45pm	Mat Strength HW	Rachel	AFC 4
4:30-5:15pm	Barre HW	Dakota	AFC 4
6-6:45pm	Cycle Cardio Party	Chris	Cycle
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Barre 60	Georgia	AFC 4

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Strong & Sculpt HW	Allison	AFC 4
5:30-6:15pm	HIIT & Fit	Deneishia	AFC 2
6:30-7:15pm	Zumba®	Johanna	AFC 1
7-7:45pm	Rhythm Ride	Claire	Cycle
8-9pm	Vinyasa Flow	Joyce	AFC 4

Time	FRIDAY	Instructor	Location
6:30-7:15am	Total Body Pump HW	Teresa	AFC 2
9-9:45am	Cycle HIIT	Leah	Cycle
11-11:45am	Yoga Sculpt HW	Hailey	AFC 4
12-12:45pm	Zumba® HW	Johanna	AFC 1
4-4:45pm	Cycle HIIT	Amanda	Cycle
4:30-5:15pm	Barre	Jenilyn	AFC 4
5:15-6pm	Zumba®	Em	AFC 1

Time	SUNDAY	Instructor	Location
5-5:45pm	Barre	Emma	AFC 4
5:30-6:15pm	Rhythm Ride	Alli	Cycle
6:30-7:30pm	Vinyasa Flow	Sona	AFC 4
7-8pm	Latin Social Dancing	Leah	AFC 1

Battle Building (Med Campus)

Time	MONDAY	Instructor	Location
4:30-5:30pm	Zumba® HW	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.

Virtual Programming

Time	MONDAY	Instructor	Location
6-6:45pm	Virtual Mat Pilates HW	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.

North Grounds Rec Center

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

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

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

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core HW	Eve	NGRC 3
5:30-6:30pm	Integral Yoga HW	Matt	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 JackieL@virginia.edu