



RECREATION

Group Fitness Class Schedule Fall 2024

August 27 - December 13, 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
12-12:45pm	Mat Pilates HW	Peach	AFC 4
4:30-5:15pm	Barre	Emma	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	HIIT & Fit	Chiara	AFC 2
6:30-7:15pm	Zumba®	Em	AFC 1
7-7:45pm	Rhythm Ride	Paige	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	Reese	AFC 4
4:30-5:15pm	Barre	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	Barre HW	Hillary	AFC 4
4:30-5:15pm	Step & Strength	Erica/Tab/Jackie	AFC 2
5:30-6:15pm	HIIT & Fit	Deneishia	AFC 2
6:30-7:15pm	Zumba®	Johanna	AFC 1
7-7:45pm	Rhythm Ride	Alli	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	SATURDAY	Instructor	Location
11-11:45am	Barre HW	Rima	AFC 4
12-1pm	Power Yoga	Hailey	AFC 4

No classes on home football games: 8/31, 9/14, 10/5, 10/12, 10/26 & 11/23

Time	SUNDAY	Instructor	Location
5:30-6:15pm	Rhythm Ride/Cycle & a Movie*	Alli	Cycle
6-6:45pm	HIIT & Fit	Emma	AFC 2
6:30-7:30pm	Vinyasa Flow	Sona	AFC 4
7-8pm	Latin Social Dancing	Leah	AFC 1

*Cycle & a Movie 5:30-7pm Schedule: 10/27: Coco. 12/1: Footloose

Battle Building (Med Campus)

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

No Zumba® on 9/9 or 9/30

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
4:30-5:15pm	Mat Pilates HW	Peach	NGRC 3
5:30-6:30pm	De-stress Yoga HW	Peach	NGRC 3

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Yoga Sculpt HW	Jill	NGRC 3
4:30-5:30pm	Gentle Yoga HW	John	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
4:30-5:15pm	Strong HW	Allison	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 j15kd@virginia.edu