

## **Group Fitness Class Schedule Fall 2024**

August 27 - December 13, 2024

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 <sup>®</sup> нw	Yingtang	Quayle Rm
9-9:45am	Rhythm Ride	Heidi	Cycle		No Zumba® on 9/9 or 9/30	0	
12-12:45pm	Mat Pilates нw	Peach	AFC 4	-			
4:30-5:15pm	Barre	Emma	AFC 4		Virtual Programn	ning	
6-6:45pm	Cycle Cardio Party	Chris	Cycle		Virtual Programm	illing	
7-7:45pm	Zumba®	Allison	AFC 1				
8-9pm	Vinyasa Flow	Cate	AFC 4	Time	MONDAY	Instructor	
				6-6:45pm	Virtual Mat Pilates нw	Grace	Live on Zoor
Time	TUESDAY	Instructor	Location		ail recreation@virginia.edu or call the l		
12:30-1:15pm	Barre нw	Heidi	AFC 4	434-924-379	1 before class and during business hou	rs for the Zoom p	assword.
5:30-6:15pm	HIIT & Fit	Chiara	AFC 2				
6:30-7:15pm	Zumba®	Em	AFC 1		North Grounds Rec (	Center	
7-7:45pm	Rhythm Ride	Paige	Cycle		North Grounds Nee	center	
8-9pm	Yoga Vin to Yin	Hailey	AFC 4				
				Time	MONDAY	Instructor	Location
Time	WEDNESDAY	Instructor	Location	6:30-7:15am	Mat Strength нw	Jill	NGRC 3
6:30-7:15am	Total Body Pump нw	Katie	AFC 2	5:30-6:15pm	Aqua Jogging нw	Hosni	Pool
9-9:45am	Rhythm Ride	Jackie	Cycle				
12-12:45pm	Mat Strength нw	Reese	AFC 4				
4:30-5:15pm	Barre	Dakota	AFC 4	Time	TUESDAY	Instructor	Locatio
6-6:45pm	Cycle Cardio Party	Chris	Cycle	6:15-7:15am	Cycle, Strength & Core нw	Eve	NGRC 3
7-7:45pm	Zumba®	Allison	AFC 1	4:30-5:15pm	Mat Pilates нw	Peach	NGRC 3
8-9pm	Barre 60	Georgia	AFC 4	5:30-6:30pm	De-stress Yoga нw	Peach	NGRC 3
Time	THURSDAY	Instructor	Location				
12:30-1:15pm	Barre нw	Hillary	AFC 4	Time	WEDNESDAY	Instructor	Location
4:30-5:15pm	Step & Strength	Erica/Tab/Jackie	AFC 2	6:30-7:15am	Yoga Sculpt нw	Jill	NGRC 3
5:30-6:15pm	HIIT & Fit	Deneishia	AFC 2	4:30-5:30pm	Gentle Yoga нw	John	NGRC 3
6:30-7:15pm	Zumba®	Johanna	AFC 1	5:30-6:15pm	Aqua Jogging нw	Hosni	Pool
6:30-7:15pm 7-7:45pm	Zumba® Rhythm Ride	Johanna Alli	Cycle	5:30-6:15pm	Aqua Jogging нw	Hosni	Pool
	Zumba®						
7-7:45pm 8-9pm	Zumba® Rhythm Ride Vinyasa Flow	Alli Joyce	Cycle AFC 4	Time	THURSDAY	Instructor	Location
7-7:45pm 8-9pm Time	Zumba® Rhythm Ride Vinyasa Flow FRIDAY	Alli Joyce	Cycle AFC 4	<b>Time</b> 6:15-7:15am	THURSDAY Cycle, Strength & Core нw	Instructor Eve	Location NGRC 3
7-7:45pm 8-9pm <b>Time</b> 6:30-7:15am	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw	Alli Joyce Instructor Teresa	Cycle AFC 4 Location AFC 2	<b>Time</b> 6:15-7:15am 4:30-5:15pm	THURSDAY Cycle, Strength & Core нw Strong нw	Instructor Eve Allison	Location NGRC 3 NGRC 3
7-7:45pm 8-9pm <b>Time</b> 6:30-7:15am 9-9:45am	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw Cycle HIIT	Alli Joyce Instructor Teresa Leah	Cycle AFC 4 Location AFC 2 Cycle	<b>Time</b> 6:15-7:15am	THURSDAY Cycle, Strength & Core нw	Instructor Eve	Location NGRC 3 NGRC 3
7-7:45pm 8-9pm 6:30-7:15am 9-9:45am 11-11:45am	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw Cycle HIIT Yoga Sculpt нw	Alli Joyce Instructor Teresa Leah Hailey	Cycle AFC 4 Location AFC 2 Cycle AFC 4	<b>Time</b> 6:15-7:15am 4:30-5:15pm	THURSDAY Cycle, Strength & Core нw Strong нw	Instructor Eve Allison	Location NGRC 3 NGRC 3
7-7:45pm 8-9pm Time 6:30-7:15am 9-9:45am 11-11:45am 12-12:45pm	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw Cycle HIIT Yoga Sculpt нw Zumba® нw	Alli Joyce Instructor Teresa Leah Hailey Johanna	Cycle AFC 4 Location AFC 2 Cycle AFC 4 AFC 1	<b>Time</b> 6:15-7:15am 4:30-5:15pm 5:30-6:30pm	THURSDAY Cycle, Strength & Core нw Strong нw Integral Yoga нw	Instructor Eve Allison Matt	Location NGRC 3 NGRC 3 NGRC 3
7-7:45pm 8-9pm	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Ритр нw Cycle HIIT Yoga Sculpt нw Zumba® нw Cycle HIIT	Alli Joyce Instructor Teresa Leah Hailey Johanna Amanda	Cycle AFC 4 Location AFC 2 Cycle AFC 4 AFC 1 Cycle	<b>Time</b> 6:15-7:15am 4:30-5:15pm 5:30-6:30pm	THURSDAY Cycle, Strength & Core нw Strong нw	Instructor Eve Allison Matt	Location NGRC 3 NGRC 3 NGRC 3
7-7:45pm 8-9pm 6:30-7:15am 9-9:45am 11-11:45am 12-12:45pm 4-4:45pm 4:30-5:15pm	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw Cycle HIIT Yoga Sculpt нw Zumba® нw Cycle HIIT Barre	Alli Joyce Instructor Teresa Leah Hailey Johanna Amanda Jenilyn	Cycle AFC 4 AFC 2 Cycle AFC 4 AFC 1 Cycle AFC 4	Time 6:15-7:15am 4:30-5:15pm 5:30-6:30pm	THURSDAY Cycle, Strength & Core нw Strong нw Integral Yoga нw	Instructor Eve Allison Matt ess Classes	Location NGRC 3 NGRC 3 NGRC 3
7-7:45pm 8-9pm 6:30-7:15am 9-9:45am 11-11:45am 12-12:45pm 4-4:45pm	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Ритр нw Cycle HIIT Yoga Sculpt нw Zumba® нw Cycle HIIT	Alli Joyce Instructor Teresa Leah Hailey Johanna Amanda	Cycle AFC 4 Location AFC 2 Cycle AFC 4 AFC 1 Cycle	Time 6:15-7:15am 4:30-5:15pm 5:30-6:30pm Hc Classes in	THURSDAY Cycle, Strength & Core нw Strong нw Integral Yoga нw Dos Well Employee Welln BLUE TEXT and labeled with	Instructor Eve Allison Matt ess Classes HW are free	Location NGRC 3 NGRC 3 NGRC 3
7-7:45pm 8-9pm <b>Time</b> 6:30-7:15am 9-9:45am 11-11:45am 12-12:45pm 4-4:45pm 4:30-5:15pm 5:15-6pm	Zumba® Rhythm Ride Vinyasa Flow FRIDAY Total Body Pump нw Cycle HIIT Yoga Sculpt нw Zumba® нw Cycle HIIT Barre Zumba®	Alli Joyce Instructor Teresa Leah Hailey Johanna Amanda Jenilyn Em	Cycle AFC 4 AFC 2 Cycle AFC 4 AFC 1 Cycle AFC 4 AFC 1 Cycle AFC 4 AFC 1	Time 6:15-7:15am 4:30-5:15pm 5:30-6:30pm Hc Classes in faculty, st	THURSDAY   Сусle, Strength & Core ни   Strong ни   Integral Yoga ни   Dos Well Employee Welln   BLUE TEXT and labeled with aff and spouses through the I	Instructor Eve Allison Matt ess Classes HW are free f Hoos Well En	Location NGRC 3 NGRC 3 NGRC 3
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\*Cycle & a Movie 5:30-7pm Schedule: 10/27: Coco. 12/1: Footloose