



# RECREATION

## Group Fitness Class Schedule Summer 2025

June 2 - August 8

### & Fitness Center

Time	MONDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie	AFC 2
5:15-6pm	Barre <small>HW</small>	Abby/Alicia	AFC 4

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Mat Strength <small>HW</small>	Jackie	AFC 4

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie	AFC 2
5:15-6pm	Barre <small>HW</small>	Abby/Alicia	AFC 4

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Mat Strength <small>HW</small>	Rachel	AFC 4

Time	FRIDAY	Instructor	Location
6:30-7:15am	Total Body Circuits <small>HW</small>	Teresa	AFC 2

*No class on Friday, 7/4*

### Battle Building (Med Campus)

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

*No class on Mondays 6/9 & 8/4*

### Virtual Programming

Time	MONDAY	Instructor	Location
6-6:45pm	Virtual Mat Pilates <small>HW</small>	Grace	Live on Zoom

*Please e-mail [recreation@virginia.edu](mailto: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
5:30-6:15pm	Aqua Jogging <small>HW</small>	Hosni	NGRC Pool

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

Time	WEDNESDAY	Instructor	Location
5:30-6:15pm	Aqua Jogging <small>HW</small>	Hosni	NGRC Pool

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>HW</small>	Eve	NGRC 3
5:30-6:30pm	Integral Yoga <small>HW</small>	Matt	NGRC 3

### The schedule is subject to change.

The schedule may change for University holidays and/or closures. 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](mailto:j15kd@virginia.edu)

### 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.*