

## **Group Fitness Class Schedule Summer 2025**

June 2 - August 8

& 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
5:15-6pm	Barre нw	Abby/Alicia	AFC 4		No class on Mondays 6/9 & ٤	8/4	
Time	TUESDAY	Instructor	Location		Virtual Programn	ning	
12:30-1:15pm	Mat Strength HW	Jackie	AFC 4		Viituai Piogrammi	liing	
				Time	MONDAY	Instructor	Location
Time	WEDNESDAY	Instructor	Location	6-6:45pm	Virtual Mat Pilates нw	Grace	Live on Zoor
6:30-7:15am	Total Body Pump нw	Katie	AFC 2	Please e-ma	ail recreation@virginia.edu or call the U	IVA Rec Business	Office at
5:15-6pm	Barre нw	Abby/Alicia	AFC 4	434-924-379	1 before class and during business hou	rs for the Zoom p	assword.
Time	THURSDAY	Instructor	Location				
<b>Time</b> 12:30-1:15pm	<b>THURSDAY</b> Mat Strength нw	Instructor Rachel	Location AFC 4		North Grounds Rec (	Center	
				Time	North Grounds Rec (	Center Instructor	Location
12:30-1:15pm	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel	AFC 4	<b>Time</b> 5:30-6:15pm			
12:30-1:15pm Time	Mat Strength HW FRIDAY	Rachel Instructor	AFC 4		MONDAY	Instructor	NGRC Poo
12:30-1:15pm Time	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel Instructor	AFC 4	5:30-6:15pm	MONDAY Aqua Jogging нw	Instructor Hosni	NGRC Poo
12:30-1:15pm Time	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel Instructor	AFC 4	5:30-6:15pm Time	MONDAY Aqua Jogging HW TUESDAY	Instructor Hosni Instructor	NGRC Pool
12:30-1:15pm Time	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel Instructor	AFC 4	5:30-6:15pm Time 6:15-7:15am	MONDAY Aqua Jogging нw TUESDAY Cycle, Strength & Core нw	Instructor Hosni Instructor Eve	NGRC Poor Location NGRC 3 NGRC 3
12:30-1:15pm Time	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel Instructor	AFC 4	5:30-6:15pm Time 6:15-7:15am 5:30-6:30pm	MONDAY Aqua Jogging нw TUESDAY Cycle, Strength & Core нw De-Stress Yoga нw	Instructor Hosni Instructor Eve John	Location NGRC Pool NGRC 3 NGRC 3 Location NGRC Pool
12:30-1:15pm Time	Mat Strength нw FRIDAY Total Body Circuits нw	Rachel Instructor	AFC 4	5:30-6:15pm Time 6:15-7:15am 5:30-6:30pm Time	MONDAY Aqua Jogging нw TUESDAY Cycle, Strength & Core нw De-Stress Yoga нw WEDNESDAY	Instructor Hosni Instructor Eve John Instructor	NGRC Pool Location NGRC 3 NGRC 3 Location NGRC Pool
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## 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 jlSkd@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.