



RECREATION

Group Fitness Class Schedule Fall 2023 August 22 - December 15

Aquatic & Fitness Center

Time	MONDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>hw</small>	Edna-Jakki	AFC 2
9-9:45am	Rhythm Ride	Heidi	Cycle
4:30-5:15pm	Barre	Kaitlyn	AFC 4
5:15-6pm	X-Fit	Deneishia	AFC 2
6-6:45pm	Rhythm Ride	Dominic	Cycle
6:30-7:15pm	Yoga Strong	Ella	AFC 4
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl: Stretch & Relax	Alexys	AFC 4

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Barre <small>hw</small>	Heidi	AFC 4
5:15-6pm	X-Fit	Kam	AFC 2
6:30-7:15pm	Zumba®	MD	AFC 1
7-7:45pm	Rhythm Ride	Naomi	Cycle
8-9pm	Night Owl Yoga Flow	Joyce	AFC 4

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>hw</small>	Edna-Jakki	AFC 2
9-9:45am	Rhythm Ride	Paige	Cycle
4:30-5:15pm	Barre-Yoga Fusion <small>hw</small>	Dakota	AFC 4
6-6:45pm	Cycle Cardio Party	Skip	Cycle
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl Yoga Flow	Sophia	AFC 4

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Barre <small>hw</small>	Hillary	AFC 4
5:15-6pm	HIIT & Fit	Chiara	AFC 2
6:30-7:15pm	Zumba®	Kaitlyn	AFC 1
7-7:45pm	Cycle HIIT	Kam	Cycle
8-9pm	Night Owl Yoga Strength	Joyce	AFC 4

Time	FRIDAY	Instructor	Location
7-7:45am	Strong <small>hw</small>	Allison	AFC 4
9-9:45am	Rhythm Ride	Abby	Cycle
10-11am	De-Stress Yoga	Ella L	AFC 4
12-12:45pm	Cycle HIIT <small>hw</small>	Amanda	Cycle
1-1:45pm	Total Body Pump <small>hw</small>	Teresa	AFC 2
4:30-5:15pm	Barre	Dakota	AFC 4
5:15-6pm	Zumba®	Johanna	AFC 1

Time	SUNDAY	Instructor	Location
11am-12pm	Vinyasa Yoga	Cate	AFC 4
5:30-6:15pm	Cycle Strength /Cycle & a Movie*	Ellen	Cycle
6-6:45pm	HIIT & Fit	Rosie	AFC 2
7-7:45pm	Boxing Circuits	Rosie	AFC 2
7-8pm	Power Yoga	Ella	AFC 4

*Cycle & a Movie will be offered from 5:30-7pm on 9/3, 10/8 and 11/5. Find the list of movies outside the AFC Cycle Studio.

North Grounds Rec Center

Time	MONDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:15-6:15pm	Aqua Jogging <small>hw</small>	Hosni	Pool
6-6:45pm	Virtual Pilates <small>hw</small>	Grace	Live on Zoom

Time	TUESDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>hw</small>	Eve	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:30-6:30pm	Integral Yoga <small>hw</small>	Matt	NGRC 3

Time	WEDNESDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:15-6:15pm	Aqua Jogging <small>hw</small>	Hosni	Pool

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>hw</small>	Eve	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3
5:30-6:30pm	Yoga-Pilates Fusion <small>hw</small>	Matt	NGRC 3

Time	FRIDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	John	NGRC 3

Med Campus - Battle Building

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

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 jl5kd@virginia.edu