



RECREATION

Group Fitness Class Schedule Summer 2024

June 3 - August 9, 2024

Aquatic & Fitness Center

Time	MONDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie/Brooke	AFC 2
5:45--6:30pm	Cycle Cardio Party	Skip	Cycle

Time	TUESDAY	Instructor	Location
6:15-7:15am	Vinyasa Yoga <small>HW</small>	Io	AFC 4
12:30-1:15pm	Barre <small>HW</small>	Jackie	AFC 4
5:30-6:15pm	Zumba®	Allison	AFC 1

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump <small>HW</small>	Katie/Brooke	AFC 2
5:45-6:30pm	Cycle Cardio Party	Skip	Cycle

Time	THURSDAY	Instructor	Location
6:15-7:15am	Vinyasa Yoga <small>HW</small>	Io	AFC 4
12:30-1:15pm	Barre <small>HW</small>	Jackie	AFC 4
5:30-6:15pm	Zumba®	Allison	AFC 1

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

Virtual (Live on Zoom)

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

North Grounds Rec Center

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

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

Time	WEDNESDAY	Instructor	Location
5:15-6:15pm	Aqua Jogging <small>HW</small>	Hosni	Pool
5:30-6:15pm	Strong <small>HW</small>	Allison	NGRC 3

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core <small>HW</small>	Eve	NGRC 3
5:30-6:30pm	Yoga Flow <small>HW</small>	Matt/Joyce	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 jl5kd@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.*