<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Instructor(s)</th>
</tr>
</thead>
</table>

### Monday
- 7:00-8:00a 121 Rec Spin Krisitin
- 7:30-8:30 210 Vinyasa Yoga  
  8:00-9:00 118 TRX Boot Camp Taylor
- 8:30-9:30 121 Spinning Abigail
- 9:30-10:30 215 Pilates Emmi
- 10:00-11:00 118 Functional Fitness Josh
- 11:00-12:00 210 Barre Haley
- 11:30-12:00p 121 Express Spin Julia E
- 12:30-1:30 121 Rec Spin Becca P
- 4:00-5:00 121 Spinning Subah
- 4:15-5:15 210 Cardio Kickboxing Melody
- 4:15-5:15 118 TRX Boot Camp Shannon
- 4:30-5:30 215 Pilates Carol
- 5:15-6:15 121 Rec Spin Brooks
- 5:30-6:30 118 TRX Boot Camp Kelly J
- 5:30-6:30 210 Cardio Hip Hop Ali
- 5:45-6:45 215 Zumba Deana
- 6:30-7:30 121 Spine & BodyLN Erin
- 6:45-7:45 210 Zumba Natasha
- 7:00-7:30 118 30 Min ABS Jess
- 7:15-8:15 215 Vinyasa Yoga Marlena
- 7:45-8:45 121 Rec Spin Carlie

### Tuesday
- 7:00-8:00a 121 Rec Spin Kristin
- 7:30-8:30 210 Vinyasa Yoga  
  8:00-9:00 118 TRX Boot Camp Erin
- 8:30-9:30 215 Pilates Jess
- 11:30-12:00p 121 Express Spin Eileen
- 12:00-1:00 118 TRX Boot Camp Lauren
- 12:30-1:30 211 Spine & BodyLN Erin
- 4:00-5:00 121 Rec Spin Brooks
- 4:00-4:30 210 Total Body Stretch (30) Melody
- 4:30-5:30 215 Hatha Yoga Rhinna
- 4:45-5:15 210 30 Min ABS Deana
- 5:00-6:00 118 Boot Camp Mackensie
- 5:15-6:15 121 Spinning Bri
- 5:30-6:30 210 Zumba Deana
- 5:45-6:45 215 Barre Maddy
- 6:15-7:15 118 Total Body Burn Shannon
- 6:30-7:30 211 Spine & BodyLN Isabel
- 6:45-7:15 210 30 Min ABS Carol
- 7:00-8:00 215 Vinyasa Yoga Kelly C
- 7:45-8:45 121 Spine & Core Gillian

### Wednesday
- 7:00-8:00a 121 Rec Spin Eileen
- 7:30-8:30 210 Abs & Glutes Lauralyn
- 8:00-9:00 118 TRX Boot Camp Taylor
- 8:30-9:30 215 Pilates Emmi
- 11:30-12:00p 121 Express Spin Julia E
- 12:00-1:00 118 TRX Boot Camp Erin
- 12:30-1:30 121 Spinning Subah
- 4:00-5:00 121 Rec Spin Carlie
- 4:15-5:15 215 Cardio Kickboxing Melody
- 4:30-5:30 118 Boot Camp Jess
- 5:00-6:00 210 Pilates Carol
- 5:15-6:15 121 Spinning Abigail
- 5:45-6:15 118 30 Min ABS Jess
- 6:00-7:00 215 Cardio Kickboxing Jackie
- 6:30-7:30 121 Rec Spin Brooks
- 6:30-7:30 118 TRX Boot Camp Kelly C
- 7:00-8:00 210 Cardio Hip Hop All
- 7:45-8:45 121 Spine & Core Zumba Christina D

### Thursday
- 7:00-8:00a 121 Rec Spin Kristin
- 7:30-8:30 210 Kripalu Yoga  
  8:00-9:00 118 TRX Boot Camp Taylor
- 11:00-12:00 118 TRX Boot Camp Lauren
- 11:30-12:00 121 Express Spin Katie
- 12:00-1:00 215 Rec Spin Bri
- 12:30-1:30 211 Spinning Katie N.
- 1:15-1:45 215 30 Min Stretch Emmi
- 1:45-3:15 121 Spine & Barre Maddy/Nicole
- 3:00-4:00 210 Acrobaric Vinyasa Yoga Jill/Kelly/Katie
- 4:00-5:00 121 Rec Spin Meghan
- 4:15-5:15 210 Cardio Kickboxing Melody
- 4:30-6:00 210 Yin Yoga Nancy
- 4:45-5:45 118 Boot Camp Christina D
- 5:50-6:30 212 Rec Spin Becca P
- 6:30-7:00 118 Cardio Hip Hop Elizabeth

### Friday
- 10:30-11:30a 210 Pilates Lauralyn
- 11:00-12:00p 215 Barre Haley
- 12:00-1:00 121 Rec Spin Madison
- 3:00-4:00 118 Cardio Sport Averey/Lauren/Kirsten
- 4:00-5:00 112 Spinning Isabel
- 5:00-6:00 210 Zumba Natasha

### Saturday
- 12:30-1:30p 121 Spinning Eileen
- 12:45-1:45 210 Total Body Burn Carly
- 1:00-2:00 118 Functional Fitness Josh
- 4:00-5:00 121 Rec Spin Maddy
- 4:00-5:00 118 TRX Boot Camp Shannon
- 5:15-6:45 118/121 Spine & TRX Erin
- 5:30-6:30 215 Broga Becca C
- 6:15-7:15 210 Gentle Flow Yoga Marlena
- 6:45-7:45 215 Kripalu Yoga Lily
- 7:00-8:00 121 Rec Spin Becca P

**Schedule subject to change without notice**

**Revised 02/5/19**

*Group Fitness classes begin on Tuesday, January 22, 2019*
*No Group Fitness classes Saturday-Monday, February 16-18*
*Tuesday, February 19 is a Monday GF schedule*
*No GF classes during spring recess (March 9-17)*
*No GF classes Saturday-Monday April 13-15*
*Wednesday, April 17 is a Monday GF schedule*

*(Turn over for Class Policies)*
Spring GF schedule ends on Wednesday, May 1
Final Exam GF schedule will be offered Thursday, May 2 - Tuesday, May 7
No GF Classes May 8-31
Summer 2019 GF schedule will be on Monday, June 3

Class descriptions available @ www.umass.edu/campusrec
Schedule is subject to change without notice.
On occasion, classes may be subbed by a different instructor. The class format may be modified.
We hope you stay and enjoy the class!
See website for updated schedule. www.umass.edu/campusrec

Cell phone use is not permitted in group fitness classes.
Appropriate athletic attire and footwear is required at all times.
Arrive 15 minutes before the start of class to get checked in and get any equipment.
Classes start on time. Participants will not be permitted to enter class once the door is closed.

Group fitness classes on IMLeagues
Monday-Friday classes that start at or after 12pm require online registration through IMLeagues.
Online registration is not required for weekend classes.
To register for classes, participants need to have an IMLeagues account. To create an account:

  Go to www.IMLeagues.com/UMass and click Create Account.
Enter your information. You must use your school email address @umass.edu or @dept.umass.edu.
  Click Submit.

IMLEAGUES App
Download the IMLeagues app free from the App Store and register for classes using your mobile device.
Registering for classes through the IMLeagues app is easy and fast!

If you do not have a UMass email (associate, retiree, alumni), create an account by using your existing email
and notify Assistant Director Jill Isabelle at jisabelle@umass.edu.
You will be sent a confirmation email. Click the link in the email to log in and activate your account.
You should be automatically joined to your school.
If not, you can search schools by clicking the "Schools" link and search for UMass Amherst.
Arrive 15 minutes before the class begins to get checked in to ensure that you won't lose your spot.
Waitlist participants will be checked in first-come, first-served to fill any open spots.

Work with a personal trainer
Visit member services for more information and to register.

FREE nutrition advising in the Wellness Center

Have you checked out our Wellness Center and meditation corner?

Upcoming events & additional wellness programs - stay tuned!
Wellbeing Wednesdays
Koru

Be Well UMass blog - healthy living tips from Campus Recreation employees

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