**Group Fitness Schedule**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Room</th>
<th>Instructor(s)</th>
</tr>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>7:00-8:00a</td>
<td>121</td>
<td>Rec Spin</td>
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<td></td>
<td>7:30-8:30</td>
<td>210</td>
<td>Vinyasa Yoga</td>
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<td>8:00-9:00</td>
<td>118</td>
<td>TRX Boot Camp</td>
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<td>8:00-9:00</td>
<td>215</td>
<td>Ballet</td>
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<td>10:00-11:00</td>
<td>121</td>
<td>Spinning</td>
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<td>11:00-12:00</td>
<td>120</td>
<td>Power Vinyasa Yoga</td>
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<td>11:30-12:00</td>
<td>121</td>
<td>Express Spin</td>
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<td>12:00-1:00</td>
<td>215</td>
<td>Cardio Kickboxing</td>
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<td>12:30-1:30</td>
<td>121</td>
<td>Spin &amp; Body</td>
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<td>13:30-1:30</td>
<td>121</td>
<td>Spin &amp; Core</td>
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<td>4:00-5:00</td>
<td>121</td>
<td>Spinning</td>
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<td>4:15-5:15</td>
<td>210</td>
<td>Total Body Burn</td>
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<td>5:00-6:00</td>
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<td>TRX Boot Camp</td>
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<td>5:30-6:30</td>
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<td>Total Body Burn</td>
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<td>6:30-7:30</td>
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<td>Rec Spin</td>
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<td>6:45-7:45</td>
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<td>Zumba</td>
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<td>Cardio Kickboxing</td>
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<td>8:00-9:00</td>
<td>118</td>
<td>Basic Self Defense</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>7:00-8:00a</td>
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<td>8:30-9:30</td>
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<td>Barre</td>
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<td>10:00-11:00</td>
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<td>Pilates</td>
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<td>Spin &amp; core</td>
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<td>4:15-5:15</td>
<td>210</td>
<td>Zumba</td>
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<td>4:30-5:30</td>
<td>215</td>
<td>Intro to Acro Yoga</td>
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<td>TRX Boot Camp</td>
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<td>5:15-6:15</td>
<td>111*</td>
<td>Yoga Philosophy &amp; Meditation</td>
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<td>5:30-6:30</td>
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<td>Cardio Kickboxing</td>
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<td>6:15-7:15</td>
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<td>Total Body Burn</td>
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<td>30 Min Abs</td>
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*Room 111 is the Wellness Center

Schedule subject to change without notice

Schedule revised 8/30/18

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**Group Fitness Schedule Begins Tuesday, September 4**

No group fitness classes Saturday-Monday, October 6-8

Tuesday, October 9 is a Monday group fitness schedule

No group fitness classes Saturday-Monday, November 10-12

Wednesday, November 14 is a Monday group fitness schedule

Group fitness classes end at 12pm Friday, November 16 for Thanksgiving recess and resume Monday, November 26

Fall GF schedule ends Wednesday, December 12

Final exam GF classes begin Thursday, December 13
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 atjisabelle@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

"Like" UMass Campus Recreation on Facebook or follow on Twitter @UMass_campusrec