

SUMMER 2018 GROUP FITNESS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	ROOM
7:30-8:30a	Spinning	Kristin	121
8:00-9:00	Pilates	Lauralyn	210
12:00-12:45p	Spinning	Jill	121
4:30-6:00	Yin Yoga	Nancy	210
5:00-6:00	Pilates	Lauralyn	215
5:30-6:30	Cardio Kickboxing	Kelly	118
6:00-7:00	Spinning	Subah	121

TUESDAY

TIME	CLASS	INSTRUCTOR	ROOM
7:30-8:30a	Spinning	Kristin	121
8:00-9:00	Pilates	Lauralyn	210
12:00-1:00p	TRX Boot Camp	Lauren	118
4:30-5:30	Hatha Yoga	Nancy	210
5:15-6:15	Cardio Kickboxing	Jackie	215
5:30-6:30	TRX Boot Camp	Kelly	118
6:00-7:00	Pilates	Lauralyn	210

WEDNESDAY

TIME	CLASS	INSTRUCTOR	ROOM
7:30-8:30a	Spinning	Kristin	121
8:00-9:00	Pilates	Lauralyn	210
12:00-1:00p	Kettlebell Power	Jill	121
5:15-6:15	Cardio Kickboxing	Jackie	215
6:00-7:00	Spinning	Subah	121
6:30-7:30	Broga Yoga	Becca	215

THURSDAY

TIME	CLASS	INSTRUCTOR	ROOM
7:30-8:30a	Spinning	Kristin	121
8:00-9:00	Pilates	Lauralyn	210
12:00-1:00p	TRX Boot Camp	Lauren	118
5:00-6:00	Pilates	Lauralyn	215
5:30-6:30	Cardio Kickboxing	Kelly	210
6:00-7:00	Spinning	Subah	121

FRIDAY

TIME	CLASS	INSTRUCTOR	ROOM
8:00-9:00a	Pilates	Lauralyn	210
12:00-12:45p	Spinning	Erin	121
4:00-5:00	TRX Boot Camp	Lauren	118

UMassAmherst

Campus Recreation

Recreation Center Hours

Monday-Friday 7:00am-8:00pm

CLOSED weekends

Group Fitness Schedule Updates

Summer GF schedule ends at 9:00am on Friday August 31st.

Schedule Notations

On occasion, classes may be subbed by a different instructor. The class format may be modified.

We hope you stay and enjoy the class!

For updates, 'Like' UMass Campus Recreation on Facebook or follow on Twitter @UMass_CampusRec



Schedule is subject to change without notice.

Schedule revised 8/10/18.

Visit our website for the most up-to-date schedule. www.umass.edu/campusrec