

VIRTUAL GROUP FITNESS SCHEDULE FALL 2020

All classes require registration through IMLeagues

Monday			
8:00-9:00am	Live	Boot Camp	Kehla
9:00-10:00am	Live	Vinyasa Yoga	Katie
12:00-12:30pm	Live	30 Min HIIT	Ashley
5:45-6:45pm	Live	Kripalu Vinyasa Yoga	Lily

Thursday			
8:00-9:00am	Live	Vinyasa Yoga	Jill
9:00-10:00am	Live	Boot Camp	Victoria
4:30-5:30pm	Live	Rec Spin	Meg
5:30-6:30pm	Live	Barre	Haley
6:15-7:15pm	Live	Vinyasa Yoga	Katie
6:30-7:30pm	Live	Boot Camp	Isa

Tuesday			
8:00-9:00am	Live	Vinyasa Yoga	Katie
9:00-10:00am	Live	Boot Camp	Victoria
12:00-12:30pm	Live	30 Min Abs	Jenn
4:30-5:30pm	Live	Rec Spin	Meg
5:45-6:45pm	Live	HIIT	Isabel
6:15-7:15pm	Live	Vinyasa Yoga	Kelly
7:00-8:00pm	Live	Zumba	Allana

Friday			
8:00-9:00am	Live	Vinyasa Yoga	Jill
9:00-10:00am	Live	Boot Camp	Josh
12:00-12:30pm	Live	30 Min Boot Camp	Jenn
4:30-5:30pm	Live	Rec Spin	Ana
5:00-6:00pm	Live	Zumba	Allison
5:30-6:00pm	Live	30 Min HIIT	Isa

Wednesday			
8:00-9:00am	Live	Boot Camp	Jenn
9:00-10:00am	Live	Vinyasa Yoga	Sarah
12:00-12:30pm	Live	30 Min Boot Camp	Kehla
5:00-6:00pm	Live	Boot Camp	Josh
5:45-6:45pm	Live	Vinyasa Yoga	Kelly
6:30-7:30pm	Live	Rec Spin	Carolyne
7:00-8:00pm	Live	Boot Camp	Steph

Saturday			
1:00-2:00pm	Live	HIIT	Isa

Sunday			
4:00-5:00pm	Live	Rec Spin	Emilee
5:00-6:00pm	Live	Vinyasa Yoga	Sarah

ON-DEMAND CLASSES	
30-Min Abs	Rec Spin
Barre	Yoga
Boot Camp	Zumba
HIIT	

Schedule subject to change without notice

We will offer the regular GF schedule on Labor Day, The second Monday in October, and Veteran's Day

When participating in Campus Recreation programs from home please make sure you are in a safe place and have plenty of space to move around and exercise. Campus Recreation Virtual programming is available to anyone with a UMass email address during Fall 2020. Programs and activities are meant only for the registered user.

All Group Fitness Classes Require Registration through IMLeagues

Registration for all classes will close 30 Minutes before the class begins.
To register for classes, participants need to have an IMLeagues account.

To Create an Account:

- Go to IMLeagues.com/UMass and click "Create Account"
- Enter your information - You MUST use your UMass email address @umass.edu or @dept.umass.edu
- Click Submit.
- You will receive a confirmation email.
- Click on the link in the email to activate your account.

IMLeagues App

Download the IMLeagues App from the App Store or Google Play and register for classes using your mobile device!

FREE nutrition advising is available virtually

To sign up for free nutrition advising, complete the Nutrition Advising online form below.

[Nutrition Advising Online Registration Form](#)

An advisor will contact you to schedule your first session.

"Like" UMass Campus Recreation on Facebook or Follow on Twitter @UMass_campusrec, or Instagram

