

# GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 25 - MAY 8

SUN	MON	TUES	WED	THURS	FRI
<b>Pilates Sculpt</b> (Jordyn) 3:00-3:45 P.M.	<b>Cardio Sculpt</b> (Shari) 3:30-4:15 P.M.	<b>Cycle</b> (Jordyn) 7:00-7:45 A.M.	<b>Yoga Sculpt</b> (Maytal) 7:30-8:30 A.M.	<b>Cycle</b> (Jordyn) 7:00-7:45 A.M.	<b>Pilates Sculpt</b> (Scarlett) 10:15-11:00 A.M.
<b>Slow Flow</b> (Maytal) 5:00-6:00 P.M.	<b>Cycle</b> (Sydney) 4:00-4:45 P.M.	<b>Barre</b> (Tristan) 8:00-8:45 A.M.	<b>Pilates Sculpt</b> (Vivian) 10:15-11:00 A.M.	<b>Barre</b> (Olivia) 8:00-8:45 A.M.	<b>Barre</b> (Kyle) 2:00-2:45 P.M.
	<b>Barre</b> (Tristan) 4:30-5:15 P.M.	<b>Boxing</b> (Sydney) 3:30-4:15 P.M.	<b>Boxing</b> (Shari) 12:15-1:00 P.M.	<b>Boxing</b> (Kyle) 3:30-4:15 P.M.	<b>Vinyasa Yoga</b> (Samantha) 3:00-4:00 P.M.
	<b>LIFT Glutes &amp; Core</b> (Takiyah) 5:00-5:45 P.M.	<b>LIFT Full Body</b> (Jack) 5:00-5:45 P.M.	<b>Cycle</b> (Emma) 4:00-4:45 P.M.	<b>LIFT Glutes &amp; Core</b> (Takiyah) 4:00-4:45 P.M. <small>(NEUROINCLUSIVE)</small>	<b>Cycle</b> (Kyla) 4:00-4:45 P.M.
	<b>Yoga Sculpt</b> (Maytal) 5:30-6:30 P.M.	<b>Cycle</b> (Matt) 5:30-6:15 P.M.	<b>LIFT Glutes &amp; Core</b> (Jordyn) 5:00-5:45 P.M.	<b>Cycle</b> (Matt) 5:30-6:15 P.M.	
	<b>Cycle</b> (Kyla) 6:15-7:00 P.M.	<b>Vinyasa Yoga</b> (Scarlett) 5:30-6:30 P.M.	<b>Barre</b> (Olivia) 5:30-6:15 P.M.	<b>Pilates Sculpt</b> (Scarlett) 5:30-6:15 P.M.	
	<b>Empowering Restorative Yoga</b> (Shari) 7:30-8:30 P.M.	<b>Dance Fitness</b> (Reagan) 7:00-7:45 P.M.	<b>Cycle</b> (Jordyn) 6:15-7:00 P.M.	<b>Dance Fitness</b> (Reagan) 7:00-7:45 P.M.	
		<b>Pilates Sculpt</b> (Vivian) 7:00-7:45 P.M.	<b>Dance Fitness</b> (Reagan) 6:00-6:45 P.M.	<b>Empowering Restorative Yoga</b> (Samantha) 8:00-9:00 P.M.	
		<b>Slow Flow</b> (Tatianna) 8:15-9:15 P.M.	<b>Empowering Restorative Yoga</b> (Samantha) 8:00-9:00 P.M.		

Registration is suggested to secure your spot. Please register through the **TU Campus Rec mobile app** or visit [recreation.towson.edu](http://recreation.towson.edu)

**CYCLE STUDIO**

**MIND-BODY STUDIO**

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