

GROUP FITNESS SCHEDULE

EFFECTIVE JUNE 1 - JULY 31

MON

TUES

Yoga Sculpt 11:15 A.M.-12:00 P.M. (Shari)	Vinyasa Yoga 12:15-1:00 P.M. (Shari)	Cycle 5:15-6:00 P.M. (Matt)
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WED

Pilates Sculpt 11:15 A.M.-12:00 P.M. (Shari)	Cardio Sculpt 12:15-1:00 P.M. (Shari)
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THURS

Cycle 5:15-6:00 P.M. (Matt)
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Registration is suggested to secure your spot. Please register through the TU Campus Rec mobile app or visit recreation.towson.edu.

*Walk-ins are welcome, if space permits

LOCATIONS

GROUP FITNESS STUDIO

MIND BODY STUDIO

CYCLE STUDIO