

# GROUP FITNESS SCHEDULE

EFFECTIVE JUNE 29 - JULY 31

<b>MON</b>	<b>Pilates Sculpt</b> 2:00-2:45 P.M. (Sophie)		
<b>TUES</b>	<b>Yoga Sculpt</b> 11:15 A.M.-12:00 P.M. (Shari)	<b>Vinyasa Yoga</b> 12:15-1:00 P.M. (Shari)	<b>Cycle</b> 5:15-6:00 P.M. (Matt)
<b>WED</b>	<b>Pilates Sculpt</b> 11:15 A.M.-12:00 P.M. (Shari)	<b>Cardio Sculpt</b> 12:15-1:00 P.M. (Shari)	
<b>THURS</b>	<b>Cycle</b> 5:15-6:00 P.M. (Matt)		

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).

\*Walk-ins are welcome, if space permits

## LOCATIONS

GROUP FITNESS STUDIO

MIND BODY STUDIO

CYCLE STUDIO