

# SPRING 2026

## GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 25 - MAY 8



SUN	MON	TUES	WED	THURS	FRI
Pilates Sculpt (Jordyn) 3:00-3:45 P.M.	Cycle (Sydney) 4:00-4:45 P.M.	Cycle (Jordyn) 7:00-7:45 A.M.	Yoga Sculpt (Maytal) 7:30-8:30 A.M.	Cycle (Jordyn) 7:00-7:45 A.M.	Pilates Sculpt (Scarlett) 10:15-11:00 A.M.
Slow Flow (Maytal) 5:00-6:00 P.M.	Barre (Tristan) 4:30-5:15 P.M.	Barre (Tristan) 8:00-8:45 A.M.	Pilates Sculpt (Vivian) 10:15-11:00 A.M.	Barre (Olivia) 8:00-8:45 A.M.	Barre (Kayli) 2:00-2:45 P.M.
LIFT Glutes & Core (Takiyah) 5:00-5:45 P.M.	Boxing (Sydney) 3:30-4:15 P.M.	Cycle (Emma) 4:00-4:45 P.M.	Boxing (Kyle) 3:30-4:15 P.M.	Vinyasa Yoga (Samantha) 3:00-4:00 P.M.	
Yoga Sculpt (Maytal) 5:30-6:30 P.M.	LIFT Full Body (Jack) 5:00-5:45 P.M.	LIFT Glutes & Core (Jordyn) 5:00-5:54 P.M.	Functional Strength Training NIF (Kyle) 4:45-5:30 P.M.	Cycle (Kyla) 4:00-4:45 P.M.	
Cycle (Kyla) 6:15-7:00 P.M.	Cycle (Matt) 5:30-6:15 P.M.	Barre (Olivia) 5:30-6:15 P.M.	Cycle (Matt) 5:30-6:15 P.M.		
Empowering Restorative Yoga (Scarlett) 7:30-8:30 P.M.	Vinyasa Yoga (Scarlett) 5:30-6:30 P.M.	Cycle (Jordyn) 6:15-7:00 P.M.	Pilates Sculpt (Scarlett) 5:30-6:15 P.M.		
Dance Fitness (Reagan) 7:00-7:45 P.M.	Dance Fitness (Reagan) 6:00-6:45 P.M.		Empowering Restorative Yoga (Scarlett) 6:30-7:30 P.M.		
Pilates Sculpt (Vivian) 7:00-7:45 P.M.	Empowering Restorative Yoga (Samantha) 8:00-9:00 P.M.				
Slow Flow (Tatianna) 8:15-9:15 P.M.	SUP Yoga FEBRUARY 11 MARCH 4 APRIL 1 (ROTATING INSTRUCTORS) 7:00-8:00 P.M.				

## FOR MORE INFORMATION

**VISIT**  
[TOWSON.EDU/CAMPUSREC](http://TOWSON.EDU/CAMPUSREC)

**CALL**  
410-704-2367

**EMAIL**  
[CAMPUSREC@TOWSON.EDU](mailto:CAMPUSREC@TOWSON.EDU)

**WEBSITE**  
[EVENTS.TOWSON.EDU](http://EVENTS.TOWSON.EDU)

\*THERE WILL BE **NO CLASSES DURING SPRING BREAK MARCH 15 - MARCH 22\***

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**

**SKILL STUDIO**

**FUNCTIONAL STUDIO**

**SUP YOGA**