



INTRAMURALS

FITNESS

Group Fitness Class Schedule Spring 2023 January 18 - May 12

Aquatic & Fitness Center

Time	MONDAY	Instructor	Location
7-7:45am	Cycle Strength	Kameron	Cycle
9-9:45am	Rhythm Ride	Heidi	Cycle
12:15-12:45p	Above the Belt	Chiara	AFC 4
5:15-6pm	X-Fit	Hannah	AFC 2
6-6:45pm	Rhythm Ride	Dominic	Cycle
6:30-7:15pm	Barre	Kaitlyn	AFC 4
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl Yoga: Stretch & Relax	CSC	AFC 4

Time	TUESDAY	Instructor	Location
12:30-1:15pm	Barre	Heidi	AFC 4
4:30-5:15pm	HIIT & Fit	Alli	AFC 2
5:30-6:30pm	Yoga for Self-Love	Ella L	AFC 4
6:30-7:15pm	Zumba®	Theresa	AFC 1
7-7:45pm	Cycle HIIT	Kameron	Cycle
8-9pm	Night Owl Yoga Flow	CSC	AFC 4

Time	WEDNESDAY	Instructor	Location
6:30-7:15am	Total Body Pump	Edna-Jakki	AFC 2
9-9:45am	Rhythm Ride	Paige	Cycle
12:15-12:45p	Below the Belt	Chiara	AFC 4
4:30-5:15pm	HABIT	Dakota	AFC 4
5:15-6pm	X-Fit	Brooke	AFC 2
6-6:45pm	Rhythm Ride	Naomi	Cycle
7-7:45pm	Zumba®	Allison	AFC 1
8-9pm	Night Owl Yoga Flow	CSC	AFC 4

Time	THURSDAY	Instructor	Location
12:30-1:15pm	Barre	Hillary	AFC 4
5:15-6pm	X-Fit	Kameron	AFC 2
5:30-6:30pm	De-Stress Yoga	Ella L	AFC 4
6:30-7:15pm	Zumba®	Kaitlyn	AFC 1
7-7:45pm	Cycle Strength	Brielle	Cycle
8-9pm	Night Owl Yoga Strength	CSC	AFC 4

Time	FRIDAY	Instructor	Location
7-7:45am	Rhythm Ride	Eve	Cycle
12-12:45pm	Cycle HIIT	Amanda	Cycle
1-1:45pm	Total Body Pump	Teresa	AFC 2
4:30-5:15pm	HABIT	Dakota	AFC 4
5:15-6pm	Zumba®	Johanna	AFC 1

Time	SUNDAY	Instructor	Location
4:15-5:15pm	Vinyasa Yoga	Cate	AFC 4
5:30-6:15pm	Cycle 45	Ella M/Ellen	Cycle
6-6:45pm	HIIT & Fit	Rosie	AFC 2
7-7:45pm	Boxing Circuits	Rosie	AFC 2
7-8pm	Power Yoga	Ella L	AFC 4

North Grounds Rec Center

Time	MONDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
5:15-6:15pm	Aqua Jogging	Hosni	Pool
6-6:45pm	Pilates	Grace	Virtual

Time	TUESDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core	Sue	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
5:30-6:30pm	Integral Yoga	Matt	NGRC 3

Time	WEDNESDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
5:15-6:15pm	Aqua Jogging	Hosni	Pool

Time	THURSDAY	Instructor	Location
6:15-7:15am	Cycle, Strength & Core	Sue	Cycle
6:30-7:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
7:30-8:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
5:30-6:30pm	Yoga-Pilates Fusion	Matt	NGRC 3

Time	FRIDAY	Instructor	Location
6:30-7:30am	Mysore Ashtanga Yoga	CSC: John	NGRC 3
7:30-9am	Sanskrit Counted Led Primary Series	CSC: John	NGRC 3

Med Campus - Battle Building

Time	MONDAY	Instructor	Location
4:30-5:30pm	Zumba®	Yingtang	Quayle Rm

Time	WEDNESDAY	Instructor	Location
5:30-6:30pm	Stress Relief Vinyasa Yoga	Nora	Quayle Rm

Hoos Well Employee Wellness Classes:

Classes in **BLUE TEXT** are **FREE** for All UVA faculty, staff and spouses through the Hoos Well Employee Wellness program. *ALL class pass holders may also participate.*

The schedule is subject to change. For the most up to date schedule, please download the free UVA IM-Rec app available from iTunes & Google Play. For questions about the Group Fitness Schedule or inquiries about employment as an instructor, please contact Jackie Lebeau at jl5kd@virginia.edu