

**FALL 2022**

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.-7:15 a.m. HIIT	7:30 a.m.- 8:15 a.m. HIIT	6:30 a.m.-7:15 a.m. HIIT	7:30 a.m.- 8:15 a.m. HIIT	8:00 a.m.- 8:45 a.m. HIIT	10:00 a.m.-10:45 a.m. HIIT or Express Full Body Strength
8:00 a.m.-9:00 a.m. Cycle Fit	8:00 a.m.-8:45 a.m. Express Cycle	7:00 a.m.-8:00 a.m. Cycle Fit	8:00 a.m.-9:00 a.m. Cycle Core	9:00 a.m.-9:45 a.m. Express Cycle	12:00 p.m.-12:45 p.m. Express Cycle
8:30 a.m.-9:30 a.m. Yoga Fit	8:00 a.m.-9:00 a.m. Vinyasa Flow	8:15 a.m.-9:00 a.m. Pilates	8:00 a.m.-9:00 a.m. Vinyasa Flow	10:00 a.m.-10:45 a.m. Pilates	4:00 p.m.-5:00 p.m Athletic Format
9:00 a.m.-9:45 a.m. Express Full Body Strength	9:15 a.m.-10:15 a.m. Cycle Circuit	10:00 a.m.-11:00 a.m. Restorative Yoga	10:45 a.m.-11:30 a.m. Pilates	12:00 p.m.-12:45 p.m. Express Full Body Strength	6:00 p.m.-6:45 p.m Mind/Body Format
10:45 a.m.-11:30 a.m. Express Cycle	10:45 a.m.-11:30 a.m. HIIT	10:30 a.m.-11:15 a.m. HIIT	12:00 p.m.-1:00 p.m. Vinyasa Flow	12:00 p.m.-1:00 p.m. Cycle Fit	
12:00 p.m.-12:45 p.m. Pilates	11:15 a.m.-12:15 p.m. Cycle Fit	10:30 a.m.-11:15 p.m. Pilates	3:00 p.m.-3:45 p.m Full Body Fit	2:30 p.m.-3:30 p.m. Step	
1:00 p.m.-1:45 p.m. Step + Strength	3:15 p.m.-4:00 p.m. Pilates	11:30 a.m.-12:30 p.m. Cycle Fit	3:30 p.m.-4:15 p.m Pilates	3:00 p.m.-4:00 p.m Cycle Fit	
2:00 p.m.-2:45 p.m. HIIT	3:30 p.m.-4:15 p.m. Full Body Fit	2:30 a.m.-3:30 p.m. 20/20/20	4:00 p.m.-5:00 p.m Cycle Fit	4:15 p.m.-5:00 p.m. Pilates	
4:00 p.m.-5:00 p.m. Yoga Fit	3:30 p.m.-4:30 p.m. Barre	4:00 p.m.-4:45 p.m. HIIT	4:30 p.m.-5:30 p.m Barre	5:30 p.m.-6:30 p.m Athletic Happy Hour	
4:30 p.m.-5:30 p.m. Boxing Fitness	4:15 p.m.-5:00 p.m. SUP Yoga	4:30 p.m.-5:30 p.m. AquaFit	5:00 p.m.-5:45 p.m. Express Full Body Strength	5:30 p.m.-6:30 p.m. Mind-Body Happy Hour	
4:45 p.m.-5:30 p.m. TRX	4:15 p.m.-5:00 p.m. Express Cycle Fit	5:00 p.m.-6:00 p.m. Cycle Core	5:15 p.m.-6:00 p.m Pilates	5:30 p.m.-6:30 p.m. Cycle Happy Hour	
5:00 p.m.-6:00 p.m. Barre	4:30 p.m.-5:00 p.m. Core	5:00 p.m.-6:00 p.m. Yoga Fitness	5:30 p.m.-6:30 p.m. Step	5:30 p.m.-6:30 p.m. Choreo Dance	
5:15 p.m.-6:00 p.m. Pilates	4:30 p.m.-5:30 p.m Yoga Fit	5:15p.m.-6:15 p.m. Restorative Yoga	5:30 p.m.-6:30 p.m Cycle Fit		
6:00 p.m.-7:00 p.m. Cycle Fit	5:15 p.m.-6:00 p.m Express Step	6:00 p.m.-6:45 p.m. HIIT	6:15 p.m.-7:00 p.m. Kickboxing		
6:30 p.m.-7:30 p.m. Power Yoga	6:00 p.m.-6:45 p.m Pilates	6:30 p.m.-7:30 p.m Power Yoga	6:30 p.m.-7:30 p.m Power Yoga		
7:00 p.m.-8:00 p.m. Restorative Yoga	6:00 p.m.-7:00 p.m Cycle Fit	6:45 p.m.-7:45 p.m. Barre	6:45 p.m.-7:30 p.m. Express Cycle Fit		
7:30 p.m.-8:30 p.m. Cardio Dance Party	6:00 p.m.-7:00 p.m Barre	7:15 p.m.-8:15 p.m. Boxing Fitness	7:15 p.m.-8:15 p.m. Boxing Fitness		
7:45 p.m.-8:45 p.m. Yoga Fit	7:00 p.m.-8:00 p.m Yoga Fit	7:45 p.m.-8:30 p.m. Pilates	7:30 p.m.-8:30 p.m. Cardio Dance Party		
		8:15 p.m.-9:15 p.m. Cardio Dance Party			

## SUNDAY

1:00 p.m.-2:00 p.m.  
Full Body Strength

3:00 p.m.-4:00 p.m.  
Athletic Format

6:30 p.m.-7:30 p.m.  
Mind/Body Format

7:00 p.m.-8:00 p.m.  
Cycle Fit or Dance



Registration opens 48 hours in advance. Sign up at [urecregister.jmu.edu](http://urecregister.jmu.edu).

\*\*Updated 11/01/22\*\*