

SPRING 2024

GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 28 - MAY 18

SUN	MON	TUES	WED	THURS	FRI
Yoga 4-5 p.m.	Cycle 10:15-11 a.m.	Cycle 7:30-8:15 a.m.	Cycle 7:45-8:30 a.m.	Sunrise Yoga 7:45-8:30 a.m.	Cycle 11-11:45 a.m.
Cycle 5-5:45 p.m.	Pilates Mat 12:30-1:15 p.m.	Sunrise Yoga 7:45-8:30 a.m.	Sunrise Yoga 9-9:45 a.m.	Cycle 10:15-11 a.m.	TRX & Kettlebell Bootcamp 1-1:45 p.m.
Pilates Mat 6-6:45 p.m.	Cycle & Core 3:45-4:45 p.m.	Cycle & Core 12:30-1:30 p.m.	Tiger 45 12:30-1:15 p.m.	Pilates Mat 1:15-2 p.m.	Core 30 2:15-2:45 p.m.
	Strength 4:45-5:15 p.m.	Boxing Bootcamp 3:45-4:30 p.m.	Cycle & Core 3:15-4:15 p.m.	Cycle 3:45-4:30 p.m.	Yoga 3-4 p.m.
	Boxing Bootcamp 5:15-6 p.m.	HIIT 4:15-5 p.m.	HIIT 4:15-4:45 p.m.	Strength 4:15-4:45 p.m.	Cycle 4-4:45 p.m.
	Barre 5-5:45 p.m.	Power UP 5-5:45 p.m.	Strength 5:15-6 p.m.	Barre 5-5:45 p.m.	
	Dance Fitness 5:25-6:05 p.m.	Cycle 5:30-6:15 p.m.	Pilates Mat 5:30-6:15 p.m.	Dance Fitness 5:30-6:15 p.m.	
	Hatha Yoga 6-7 p.m.	Dance Fitness 5:30-6:15 p.m.	Cycle 6-6:45 p.m.	Cycle 6-6:45 p.m.	
	Cycle 6:45-7:30 p.m.	Pilates Mat 6:15-7 p.m.	Vinyasa Yoga 7-8 p.m.	Vinyasa Yoga 6-7 p.m.	
	Tiger 45 7-7:45 p.m.	Lift 6:30-7:15 p.m.			
		Restorative Yoga 7:15-8:15 p.m.			



FOR MORE INFORMATION

VISIT

TOWSON.EDU/CAMPUSREC

CALL

410-704-2367

EMAIL

CAMPUSREC@TOWSON.EDU

WEBSITE

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LOCATIONS

GROUP FITNESS STUDIO

CYCLE STUDIO

MIND-BODY STUDIO

SKILLS STUDIO

FUNCTIONAL FLOOR

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.*