

GROUP FITNESS

SPRING 2025
STARTING JANUARY 13

Monday	Tuesday	Wednesday	Thursday	Fri / Sat
Mat Pilates 8-8:45 am Chloe MP4	Vinyasa Yoga 7:15-8:00 am Victoria MP4	Mat Pilates 8-8:45 am Chloe MP4	Vinyasa Yoga 7:15-8:00 am Victoria MP4	Vinyasa Yoga Friday 8-8:45 am Victoria MP4
Mat Pilates 12-12:45 pm Alycia MP4	BootCamp 8-8:45 pm Esther RZ	Mat Pilates 12:15-1:00 pm Alycia MP4	BootCamp 8-8:45 am Esther RZ	Zumba Saturday 11-11:45 am Han MP1
Total Body 4-4:45 pm Mahlet MP1	Power Yoga 12:15-1:00 pm Tina MP4	Total Body 4-4:45 pm Mahlet MP1	Power Yoga 12:15-1:00 pm Tina MP4	
Glute Gains 5-5:45 pm Marianna MP1	Chair Fit 12:15-1:00 pm Dani Virtual	Athletic Conditioning 4-4:45 pm Duece RZ	Chair Fit 12:15-1:00 pm Dani Virtual	
Cycle 45 5:30-6:15 pm Eve MP6	Hot Mat Pilates 4-4:45 pm Marianna MP3	Glute Gains 5-5:45 pm Marianna MP1	Hot Mat Pilates 4-4:45 pm Mairanna MP3	
Hot Yin Yoga 6-6:45 pm Sofia MP3	Total Body 5-5:45 pm Milana MP1	Zumba 6-6:45 pm Han MP1	Total Body 5-5:45 pm Milana MP1	
Kettlebell Circuit 7-7:45 pm Jordan RZ	Sculpt & Cycle 7-7:45 pm Autumn MP6	Kettlebell Circuit 7-7:45 pm Jordan RZ	Sculpt & Cycle 7-7:45 pm Autumn MP6	
Yin Yoga 8-8:45 pm Sofia MP4				

MP= Multi Purpose
RZ = Red Zone
Virtual

Group fitness class schedules are subject to change.

For the most up-to-date schedule, please register through myrec.uh.edu or the UHREC app.

Get moving with free classes included in your membership! Choose from Bootcamp, Glute Gains, and Kettlebell Circuit for a quick burn, Sculpt and Cycle for high-energy cycling, or Yoga and Pilates to relax and connect mind, body, and spirit.



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Campus Recreation
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