

FALL EMPLOYEE IN-PERSON FITNESS CLASS SCHEDULE

STARTING AUGUST 29, 2022

With an [All-Access Membership](#), register up to 1 week in advance of all fitness classes for the 2022-2023 fiscal year at [recreation.udel.edu](#). For more information, visit our website at [udel.edu/wellbeing](#).

Please note: Group fitness class locations take place either at the CSB (Carpenter Sports Building) or the Delaware Field House. Classes are susceptible to be canceled for the day if there are no registrants one hour prior to class start time. For class cancelation updates, visit [recreation.udel.edu](#).

	MONDAY	Tuesday	Wednesday	Thursday	Friday
6:45 AM	BOOTCAMP 6:45-7:30am CSB Gym 3 Elizabeth W		BOOTCAMP 6:45-7:30am CSB Gym 3 Elizabeth W		
12:15 PM	SPRINT 12:15-12:45 pm CSB Cycle Studio Chelsea F / Milinda A	BARRE 12:15-1 pm CSB 259 Liz H	BODYCOMBAT 12:15-1 pm CSB 259 Chelsea F	BOOTCAMP 12:15-12:45 pm CSB 259 Renee P	BODYPUMP 12:15-1 pm CSB 171A Christine J
12:30 PM	VINYASA YOGA 12:30-1:15 pm CSB Gym 3 Sydney Z	BODYCOMBAT 12:30-1:15 pm Field House Turf Renee P	BEGINNER CYCLE 12:30-1 pm CSB Cycle Studio Jess P	BEGINNER YOGA 12:30-1:15 pm CSB Gym 3 Christine S	VINYASA YOGA 12:30-1:15 pm CSB Gym 3 Sydney Z
5:00 pm	F.I.T. BOOTCAMP 5-5:45pm Field House Weight Room Katrina C	GENTLE YOGA 5-6 pm CSB Gym 3 Joanne R	F.I.T. BOOTCAMP 5-5:45pm Field House Weight Room Katrina C	VINYASA YOGA 5-5:45 pm CSB Gym 3 Sydney Z	
5:15 PM	CARDIO STRENGTH 5:15-6:15 pm CSB 259 Jaime T	RHYTHM RIDE 5:15-6 pm CSB Cycle Studio Devon Z		CARDIO STRENGTH 5:15-6:15 pm CSB 259 Polly W	