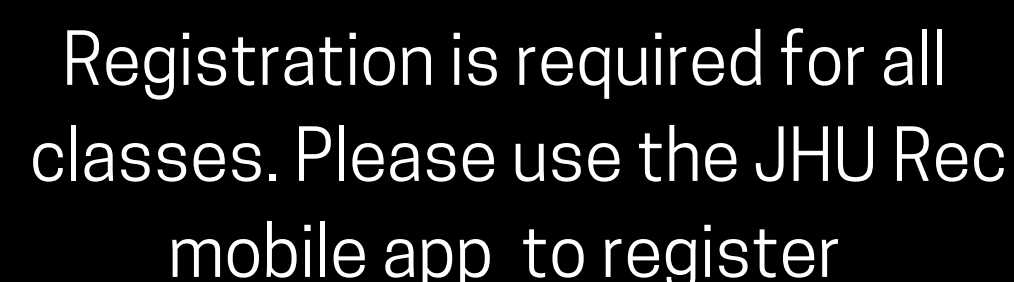


O'Connor Center for Recreation & Well-Being





**FOR MORE
INFORMATION**

VISIT

jhu.edu/recreation/f45

 **@jhurecreation**

EMAIL

fitness@jhu.edu

CALL

410-516-5229

FALL 2022

F45 TRAINING



MON

TUE

WED

THU

FRI

SAT

CARDIO
7:00 - 7:45 AM

STRENGTH
7:00 - 7:45 AM

CARDIO
7:00 - 7:45 AM

STRENGTH
7:00 - 7:45 AM

CARDIO
7:00 - 7:45 AM

HOLLYWOOD
10:30-11:30 AM

CARDIO
12:00 - 12:45 PM

STRENGTH
12:00 - 12:45 PM

STRENGTH
12:00 - 12:45 PM

free!
CARDIO
12:00-1:00 PM

HOLLYWOOD
12:00 - 1:00 PM

CARDIO
5:30 - 6:15 PM

STRENGTH
5:30 - 6:15 PM

CARDIO
5:30 - 6:15 PM

STRENGTH
5:30 - 6:15 PM

CARDIO
5:30 - 6:15 PM

SUN

STRENGTH
10:30 - 11:15 AM

CLASS TYPE:

F45 CARDIO

F45 STRENGTH

F45 HOLLYWOOD

Registration is required for all F45 classes. Use the JHU Rec mobile app to register for classes.

You must also have a F45 Pass or Ultimate Class Pass. Please call membership services to purchase!

