



# SPRING 2022

## GROUP FITNESS SCHEDULE

**FOR MORE INFORMATION**

**VISIT**  
[jhu.edu/recreation](http://jhu.edu/recreation)

**CALL**  
 410-516-5229

**EMAIL**  
[fitness@jhu.edu](mailto:fitness@jhu.edu)

 [@jhurecreation](https://www.instagram.com/jhurecreation)

**MON TUE WED THU FRI SAT**

MON	TUE	WED	THU	FRI	SAT
<b>CycleAbs</b> 7:15 - 8:00 AM	<b>Cycle45</b> 5:00 - 5:45 PM	<b>CycleAbs</b> 7:15 - 8:00 AM	<b>Boxing</b> 7:00 - 7:45 AM	<b>CycleAbs</b> 7:00 - 7:45 AM	<b>Boxing</b> 10:30 - 11:30 AM
<b>Core Focus</b> 8:10 - 8:30 AM	<b>DanceFit</b> 6:00 - 7:00 PM	<b>Core Focus</b> 8:10 - 8:30 AM	<b>Cycle45</b> 5:00 - 5:45 PM	<b>Core Focus</b> 8:10 - 8:30 PM	<b>SUN</b>
<b>DanceFit</b> 5:00 - 6:00 PM	<b>Power Yoga Flow</b> 6:45 - 7:45 PM	<b>Mindful Yoga</b> 5:00 - 6:00 PM	<b>Boxing</b> 5:15 - 6:15 PM	<b>Restorative Yoga</b> 4:00 - 5:00 PM	<b>Power Yoga Flow</b> 9:30 - 10:30
<b>Barre</b> 6:00 - 6:45 PM		<b>POP Pilates</b> 5:00 - 5:45 PM	<b>DanceFit</b> 6:00 - 7:00 PM	<b>Zumba</b> 5:00 - 6:00 PM	<b>HIIT</b> 12:00 - 12:45 PM
<b>Boxing</b> 6:00 - 7:00 PM		<b>Boxing</b> 6:00 - 7:00 PM	<b>Power Yoga Flow</b> 6:45 - 7:45 PM		<b>Cycle45</b> 4:00 - 4:45 PM
<b>STRONG30</b> 6:15 - 6:45 PM		<b>Zumba</b> 6:00 - 7:00 PM			<b>Yin Yoga</b> 6:00 - 7:00 PM
<b>Vinyasa Flow</b> 7:00 - 8:15 PM					

**CLASS LOCATION:**

ROTC DRILL HALL

MPR B

PROGRAM A

PROGRAM B

MPR A

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





# SPRING 2022

## F45 TRAINING

### FOR MORE INFORMATION

#### VISIT

[jhu.edu/recreation/f45](http://jhu.edu/recreation/f45)

#### CALL

410-516-5229

#### EMAIL

[fitness@jhu.edu](mailto:fitness@jhu.edu)

 [@jhurecreation](https://www.instagram.com/jhurecreation)

### MON

**CARDIO**  
7:00 - 7:45 AM

**CARDIO**  
12:00 - 12:45 PM

**CARDIO**  
5:30 - 6:15 PM

### TUE

**STRENGTH**  
7:00 - 7:45 AM

**STRENGTH**  
12:00 - 12:45 PM

**STRENGTH**  
5:30 - 6:15 PM

### WED

**CARDIO**  
7:00 - 7:45 AM

**CARDIO**  
12:00 - 12:45 PM

**CARDIO**  
5:30 - 6:15 PM

### THU

**STRENGTH**  
7:00 - 7:45 AM

**STRENGTH**  
12:00 - 12:45 PM

**STRENGTH**  
5:30 - 6:15 PM

### FRI

**CARDIO**  
7:00 - 7:45 AM

**CARDIO**  
12:00 - 12:45 PM

**CARDIO**  
5:30 - 6:15 PM

### SAT

**HOLLYWOOD**  
7:00 - 7:45 AM

**HOLLYWOOD**  
12:00 - 12:45 PM

### 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 an F45 or Ultimate Class Pass. Please call membership services to purchase!

