

# CAMPUS RECREATION CENTER

## GROUP FITNESS SCHEDULE

### SPRING 2025 | JANUARY 13 - APRIL 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4PM Pilates Kelly H.	7:30AM Pilates Grace	6:30AM Sunrise Cycle Express Ayana 🕒	6:30AM Sunrise Cycle Express Davoren 🕒	6:30AM Sunrise Cycle Express Lili 🕒	7AM Cycle Express Ayana 🕒	9AM Cycle Ayana
5PM Dance Fusion Tonia	8AM HIIT & Core Express Hannah R. 🕒	7AM Power Yoga Leah	7:30AM Pilates Elizabeth	7AM Pilates Maile	7AM Yoga Flow Lydia	10AM Yoga Flow Ayana
5:30PM Gentle Yoga Maile	8AM Cycle Express Hannah T. 🕒	12PM Pilates Grace	8AM Cycle Express Hannah T. 🕒	8AM Yard Work (1hr) Alex & Maria	8AM HIIT & Core Express Elizabeth 🕒	
6PM Cycle Davoren	12PM Cycle Express Finley 🕒	3PM Cycle Lizzy	12PM Cycle Anna	3PM Power Barre Grace ★	11AM Yoga Flow Cadence	
	4PM Barre Autumn	5PM Cycle Finley	4PM HIIT & Core Express Hannah R. 🕒	4PM Cycle Lizzy	12PM Cycle Finley	
	5PM Just Dance Cadence ★	5PM Full Body Strength Kelly H.	5PM BXR Maria ★	5PM Pilates Grace	5PM Pilates Brian	
	5:30PM BXR Alex ★	5:30PM Zumba Kelly K.	5PM Cycle Express Maddi 🕒	5:30PM Cycle Finley	5:30PM Full Body Strength Hannah R.	
	5:30PM Aqua Groove Liam	6PM Power Yoga Maile	5:30PM Pilates Brian	5:30PM Yoga Flow Lydia		
	6PM Cycle Lili	6PM Cycle Katie	6PM Cycle Lindsey	6PM Just Dance Cadence ★		
	6PM Pilates Elizabeth	6:30PM Pilates Ella	6PM Shallow Water Power Liam	6:30PM HIIT & Core Express Kelly H. 🕒		
	6:30PM RIPPED Lenecia	7PM Cycle Ayana	6PM Full Body Strength Hannah S.	7PM Zumba Lenecia		
	7PM Cycle Cassidy	7PM Yard Work (1hr) Alex & Maria	6:30PM Yoga Flow Leah	7PM Cycle Katie		
	7PM Yoga Flow Lydia	7:30PM Turn Up Dance Bianca	7PM Cycle Lindsey	7:30PM Pilates Ella		
	7:30PM Dance Fusion Tonia		7PM Pilates Ayana			
	8PM Cycle Katie		7:30PM Turn Up Dance Bianca			

**Pool**

**MPR A**

**MPR B**

**CYCLE STUDIO**

**The Yard**

★ = New Class Format!

🕒 = 30 minute class

DOWNLOAD THE APP  
TO REGISTER!



Instagram, X, Facebook icons | @UCCampusRec | [uc.edu/campusrec](http://uc.edu/campusrec)

University of CINCINNATI | CAMPUS RECREATION

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED.  
ALL CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.  
FOR MORE INFORMATION & ADDITIONAL SCHEDULES, CHECK OUT OUR WEBSITE!

# FITNESS CENTER @ CARE CRAWLEY

## GROUP FITNESS SCHEDULE

### SPRING 2025 | JANUARY 13 - APRIL 25

#### Monday

5PM Pilates  
Grace

6PM Cycle  
Ayana

#### Tuesday

5:30PM HIIT & Core Express  
Hannah S. 

7PM Yoga Flow  
Lydia

#### Wednesday

6PM Zumba  
Kelly K

#### Thursday

7PM Pilates  
Ayana

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= 30 minute class

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