

Enhance your fitness journey with our diverse group fitness class program suitable for all levels. Join us for a fun and rewarding workout experience!

FALL 2025 | November 3rd - November 25th

M	T	W	T
Mat Pilates (50 minutes) @ 12 PM	Mat Pilates (60 minutes) @ 4 PM	Step (45 minutes) @ 12 PM	Yoga (60 minutes) @ 4:15 PM
Yoga (60 minutes) @ 1 pm	Zumba (60 minutes) @ 5:30 PM	Yoga (60 minutes) @ 5:30 PM	Zumba (60 minutes) @ 5:30 PM
Step (60 minutes) @ 3 PM			



Meet the new Fitness Coordinator, Emily

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