

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 | October 6th - November 25th

M	T	W	T
Mat Pilates (55 minutes) @ 6 PM	Zumba (60 minutes) @ 5:30 PM	Mat Pilates (55 minutes) @ 6 PM	Zumba (60 minutes) @ 5:30 PM
Yoga (55 minutes) @ 7:05 pm		Yoga (55 minutes) @ 7:05 pm	



**Meet the new Fitness
Coordinator,
Emily**

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