

UNIVERSITY FITNESS CLUB SPRING 2025 GROUP FITNESS SCHEDULE 410-677-6715

MON

TUE

WED

THU

FRI

**7:15am
Rhythm
Cycle 45**

Ally

**7:15am
Pilates
Fusion
45
Angie**

**7:15am
Rhythm
Cycle 45
Angie**

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossa Group Power

Group Power is a one-hour, cutting-edge strength training workout designed to get you **GE** **G**. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.



Mossa Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

DANCE FITNESS:

A heart pumping, beast mode, girl power workout that will leave you dripping in sweat, strength and swag! Get ready to dance, dance, dance!

LINE DANCE: Dance along to a repeating sequence of steps in unison with the group. Line dancing is a fun form of exercise and a great choice for anyone looking to enjoy movement and music.

This class is 45 minutes of heart raising, indoor cycling fun. A rhythm- based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

Get a quick heart