





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

MON	TUE	WED	THU	FRI	SAT	SUN
	7:15am Interval cycle 30 Maggie Begins Sept 9	7:15am Pilates fusion 45 Julia	7:15am Rhythm Cycle 45 Angie			
				3:00 pm Cycle Sculpt 45 Angie		
4:00pm Pilates Fusion 45 Angie	4:00pm BOOTY BURN 45 Angie	4:00pm Pilates Fusion 45 Angie				
5:00pm  Stacey	5:00pm Rhythm Cycle 45 Angie	5:00pm  Stacey	4:45pm  Angie		 Register for a spot online at: webapps.salisbury.edu/fitness 	
			5:30pm Interval Cycle 30 Maggie			
6:15pm Vinyasa YOGA Courtney	6:00pm LINE DANCE Kalynn	6:00pm Cycle Sculpt Julia	6:15pm Gentle YOGA Jill			
7:15pm Rhythm Cycle 45 Julia		7:00pm Dance Fitness Hannah				

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossas Group Power

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



Mossas 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!

Rhythm CYCLE 45 or 40 (minutes)

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.

Interval Cycle 30

Get a quick heart-thumping cardio class with 30 minutes of traditional cycling including sprints, jumps and hills.

Cycle Sculpt 45 (minutes)

This class is a rhythm-based cycle class that adds 2-3 lb weights throughout the class for upper body light weight/high repetition work.

Pilates Fusion: This workout includes a series of classical pilates and pilates inspired exercises that are great for toning and creating lean muscle while strengthening the core. This is low impact, no jumping workout with no equipment other than a yoga mat. Get ready to sweat and tone!

VINYASA YOGA: Link yoga poses together with the breath in a flowing sequence.