




Summer 2026

GROUP FITNESS

MAY 18TH TO MAY 29TH

Monday	Tuesday	Wednesday	Thursday	Friday
7AM Rhythm Ride <i>Ayana</i>	7:30AM Power Cycle <i>Rotating</i> 	7AM Pilates Sculpt <i>Ayana</i>	12PM Power Cycle <i>Ayana</i>	7AM Tempo Strength <i>Cynthia</i>
4:30PM Power Yoga <i>Jessica</i>	12PM Full Body Strength <i>Ayana</i>	12PM Pilates Sculpt <i>Gabrielle</i>	4:30PM Pilates Fusion <i>Cynthia</i>	12PM Power Yoga <i>Ayana</i>
5:30PM Dance Fitness <i>Nethera</i>	5:30PM Pilates Fusion <i>Cynthia</i>	5:30PM Power Cycle <i>Mackenzie</i>	5:30PM Gentle Yoga <i>Ava</i>  	5:30PM Power Cycle <i>Ayana</i>
6:15PM Full Body Strength <i>Ayana</i>	6:00PM Power Cycle <i>Mackenzie</i>	6PM Hatha Yoga <i>Cynthia</i>	6:30PM Dance Kickboxing <i>Nethera</i>	
	6:30PM Tempo Strength <i>Cynthia</i>	6:15PM Dance Fitness <i>Nethera</i>		
		7PM Pilates Fusion <i>Cynthia</i>		



There will be no classes Monday, May 25th

DOWNLOAD THE APP TO REGISTER!



MPR A
MPR B
CYCLE STUDIO

   @UCCampusRec
uc.edu/campusrec

 = 30-minute class
 = 60-minute class