

# FALL 2024

EFFECTIVE MONDAY, AUGUST 26

SUN	MON	TUES	WED	THURS	FRI
<b>Cycle</b> 5:15-6:00 p.m.	<b>Vinyasa Yoga</b> 12:00-12:45 p.m.	<b>Sunrise Slow Flow</b> 7:30-8:30 a.m.	<b>Sunrise Vinyasa Yoga</b> 7:30-8:30 a.m.	<b>Cycle and Core</b> 7:30-8:30 a.m.	<b>Boxing</b> 1:30-2:15 p.m.
<b>Vinyasa Yoga</b> 5:30-6:15 p.m.	<b>Cycle</b> 4:00-4:45 p.m.	<b>Barre</b> 12:00-12:45 p.m.	<b>Boxing</b> 8:00-9:00 a.m.	<b>Strength</b> 12:00-12:45 p.m.	<b>Yoga</b> 2:00-3:00 p.m.
<b>Pilates Sculpt</b> 6:30-7:15 p.m.	<b>Barre</b> 5:30-6:15 p.m.	<b>HIIT</b> 4:30-5:15 p.m.	<b>Cycle</b> 12:00-12:45 p.m.	<b>HIIT</b> 4:30-5:15 p.m.	
	<b>Step and Sculpt</b> 6:00-6:45 p.m.	<b>Cycle</b> 5:30-6:15 p.m.	<b>Cycle</b> 4:00-4:45 p.m.	<b>Vinyasa Yoga</b> 5:30-6:30 p.m.	
	<b>Cycle</b> 6:15-7:00 p.m.	<b>Vinyasa Yoga</b> 5:30-6:30 p.m.	<b>Barre</b> 5:15-6:00 p.m.	<b>Pilates Sculpt</b> 7:15-8 p.m.	
	<b>Restorative Yoga</b> 7:00-8:00 p.m.	<b>Strength</b> 6:00-6:45 p.m.	<b>Cycle</b> 6:15-7:00 p.m.		
		<b>Pilates Sculpt</b> 7:15-8:00 p.m.	<b>Hatha Yoga</b> 6:30-7:30 p.m.		



## FOR MORE INFORMATION

### VISIT

TOWSON.EDU/CAMPUSREC

### CALL

410-704-2367

### EMAIL

CAMPUSREC@TOWSON.EDU

### WEBSITE

EVENTS.TOWSON.EDU



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## LOCATIONS

GROUP FITNESS STUDIO

CYCLE STUDIO

MIND-BODY STUDIO

SKILLS STUDIO

Registration is suggested to secure your spot. Please register through the **TU Campus Rec mobile app** or visit **recreation.towson.edu**.

\*Walk-ins are welcome, if space permits.

There will be no classes during Thanksgiving Break (11/27-12/1)