



UH Campus Recreation GROUP FITNESS

STARTING APRIL 15

Monday

Pilates
8-8:45 AM
Chloe **MP1**

Yoga
4-4:45 PM
Alondra **MP1**

Pilates
6-6:45 PM
Marianna **MP1**

Glute Gains
7-7:45 PM
Marianna **MP1**

Cycle 45
7-7:45 PM
Chloe **MP6**

Tuesday

Cycle
8-8:30 AM
Varshini **MP6**

Yoga
8-8:45 AM
Victoria **MP1**

Pilates
12:15-1:00 PM
Alycia **MP1**

Yoga
5-5:45 PM
Alondra **MP1**

Dance Fitness
6-6:45 PM
Zoe **MP1**

Total Body
7-7:45 PM
Adrian **MP1**

Sculpt and Cycle
7-7:45 PM
Casey **MP6**

Wednesday

Pilates
8-8:45 AM
Chloe **MP1**

Yoga
4-4:45 PM
Alondra **MP1**

Pilates
6-6:45 PM
Marianna **MP1**

Glute Gains
7-7:45 PM
Marianna **MP1**

Cycle 45
7-7:45 PM
Chloe **MP6**

Thursday

Cycle
8-8:30 AM
Varshini **MP6**

Yoga
8-8:45 AM
Victoria **MP1**

Pilates
12:15-1:00 PM
Alycia **MP1**

Yoga
5-5:45 PM
Alondra **MP1**

Dance Fitness
6-6:45 PM
Zoe **MP1**

Total Body
7-7:45 PM
Adrian **MP1**

Sculpt and Cycle
7-7:45 PM
Casey **MP6**

Friday

Pilates
9-9:45 AM
Mackenzie **MP1**

Yoga
10-10:45 AM
Alondra **MP1**

KEY

MP1

Multi-Purpose Room 1

MP6

Multi-Purpose Room 6

Group Fitness is included in your membership at no additional cost. To participate in Group Fitness Classes, please register using the [UH Rec app](#) or [myrec.uh.edu](#). >>"Group Fitness". Bring your Cougar Card to every class. Space is limited so make sure to reserve your spot up to 24 hours prior to the start of the class so you don't have to arrive early.



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