

SUMMER 2025

GROUP FITNESS SCHEDULE

EFFECTIVE MAY 27 - AUG 1



MON	Pilates Sculpt 11:30am-12:15pm	Yoga Sculpt 5:30pm-6:30pm
TUES	Cycle 5:30pm-6:15pm	
WED	Pilates Sculpt 11:30am-12:15pm	Vinyasa Yoga 5:30pm-6:30pm
THURS	Cycle 5:30pm-6:15pm	

FOR MORE INFORMATION

VISIT

TOWSON.EDU/CAMPUSREC

CALL

410-704-2367

EMAIL

CAMPUSREC@TOWSON.EDU

WEBSITE

EVENTS.TOWSON.EDU



Download the app



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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

LOCATIONS

CYCLE STUDIO

MIND BODY STUDIO