

FALL 2025

EFFECTIVE MONDAY, AUGUST 25

SUN	MON	TUES	WED	THURS	FRI
Pilates Sculpt (Vivian) 3:00-3:45 p.m.	Cycle (Sydney) 4:00-4:45 p.m.	Cycle (Jordyn) 7:00-7:45 a.m.	Slow Flow Yoga (Maytal) 7:00-8:00 a.m.	Cycle (Jordyn) 7:00-7:45 a.m.	Barre (Kayli) 10:00-10:45 a.m.
Cycle (Kyla) 5:00-5:45 p.m.	LIFT Glutes & Core (Lauryn) 5:00-5:45 p.m.	Yoga Sculpt (Maytal) 7:00-8:00 a.m.	Cycle (Marissa) 8:00-8:45 a.m.	Vinyasa Yoga (Samantha) 7:00-8:00 a.m.	Cardio Sculpt (Davon) 11:00-11:45 a.m.
	Barre (Tristan) 5:30-6:15 p.m.	LIFT Full Body (Jack) 4:00-4:45 p.m.	Pilates Sculpt (Vivian) 10:15-11:00 a.m.	Pilates Sculpt (Sydney) 11:30 a.m - 12:30 p.m.	Cycle (Godwin) 2:00-2:45 p.m.
	Yoga Sculpt (Maytal) 6:30-7:30 p.m.	Cardio Sculpt (Tristan) 5:15-6:00 p.m.	Cycle (Emma) 4:00-4:45 p.m.	LIFT Glutes & Core (Megan) 4:15-5:00 p.m.	Vinyasa Yoga (Samantha) 3:00-4:00 p.m.
	Dance Fitness (Reagan) 7:00-7:45 p.m.	Cycle (Matt) 5:30-6:15 p.m.	Boxing (Lauryn) 5:00-6:00 p.m.	Cycle (Matt) 5:30-6:15 p.m.	Functional Strength Training NIF (Kyle) 3:15-4:00 p.m.
Empowering Restorative Yoga (Scarlett) 8:00-9:00 p.m.	Empowering Yoga (Scarlett) 5:30-6:30 p.m.	Functional Strength Training NIF (Takiyah) 5:30-6:15 p.m.	Pilates Sculpt (Megan) 5:30-6:15 p.m.		
	LIFT Glutes & Core (Megan) 6:30-7:15 p.m.	Barre (Tristan) 5:30-6:15 p.m.	Dance Fitness (Reagan) 5:30-6:15 p.m.		
	Pilates Sculpt (Vivian) 7:00-7:45 p.m.	Cycle (Jordyn) 6:00-6:45 p.m.	Empowering Restorative Yoga (Scarlett) 6:30-7:30 p.m.		
	Restorative Yoga (Samantha) 8:15-9:15 p.m.	Slow Flow (Sara) 7:00-8:00 p.m.	Guided Meditation (Scarlett) 7:35-8:05 p.m.		
		Dance Fitness (Reagan) 7:00-7:45 p.m.			
		SUP Yoga (Scarlett) 9/10, 10/8, 11/12 7:00-8:00 p.m.			

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

TU Campus Rec

FOR MORE INFORMATION

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