

SPRING 2025

EFFECTIVE SUNDAY, JANUARY 26

SUN	MON	TUES	WED	THURS	FRI
Dance Fitness 4:00-4:45 p.m.	Sunrise Yoga 7:15-8:00 a.m.	Cycle 7:15-8:00 a.m.	Sunrise Yoga 7:15-8:00 a.m.	Cycle 7:15-8:30 a.m.	Pilates Sculpt 10:00-10:45 a.m.
Cycle 5:15-6:00 p.m.	Cycle 4:00-4:45 p.m.	Pilates Sculpt 12:15-1:00 p.m.	Cycle 4:00-4:45 p.m.	Vinyasa Yoga 12:00-12:45 p.m.	Bootcamp 1:00-2:00 p.m.
Barre 5:30-6:15 p.m.	Functional Strength Training* 5:00-5:45 p.m.	HIIT 4:15-5:00 p.m.	Boxing 5:00-6:00 p.m.	Hip Hop Dance Fusion 2:00-3:00 p.m.	Empowering Yoga 2:00-3:00 p.m.
Slow Flow 6:45-7:45 p.m.	Barre 5:30-6:15 p.m.	Roll and Restore 5:15-5:45 p.m.	Barre 5:30-6:15 p.m.	Cycle 4:00-4:45 p.m.	Guided Meditation 3:00-3:30 p.m.
	Cycle 6:00-6:45 p.m.	Cycle 5:30-6:15 p.m.	Cycle 6:00-6:45 p.m.	Bootcamp 4:15-5:15 p.m.	Cycle 3:00-3:45 p.m.
	Hip Hop Dance Fusion 6:30-7:30 p.m.	Yoga Sculpt 5:30-6:30 p.m.	Hip Hop Dance Fusion 6:30-7:30 p.m.	Pilates Sculpt 5:30-6:15 p.m.	Functional Strength Training* 3:00-3:45 p.m.
	Empowering Restorative Yoga 7:00-8:00 p.m.	Dance Fitness 6:00-6:45 p.m.	Vinyasa Yoga 7:00-8:00 p.m.	Power Yoga 6:30-7:30 p.m.	
		Pilates Sculpt 7:15-8:00 p.m.			

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

*Neuroinclusive friendly class

TU Campus Rec

FOR MORE INFORMATION

VISIT

TOWSON.EDU/CAMPUSREC

CALL

410-704-2367

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LOCATIONS

GROUP FITNESS STUDIO

CYCLE STUDIO

MIND-BODY STUDIO

SKILLS STUDIO