

UNIVERSITY FITNESS CLUB FALL 2026 GROUP FITNESS SCHEDULE 410-677-6715

MON	TUE	WED	THU	FRI	SAT	SUN
	7:15am Interval cycle 30 Angie		7:15am Rhythm Cycle 45 Kenzie			
				3:00 pm Cycle Sculpt 45 Angie		
4:00pm Pilates Fusion 45 Angie	4:00pm BOOTY BURN 45 Angie	4:00pm Pilates SCULPT FLOW 45 Angie	4:00pm Perfect 10 10 min Booty, 10 min Arms 10 min Abs Angie			
5:00pm  Stacey	5:00pm Rhythm Cycle 45 Angie	5:00pm  Stacey	4:45pm  Angie		 Register for a spot online at: webapps.salisbury.edu/fitness  Registration begins at 6:00am each day for classes that day with the exception of the 7:15am classes. Registration for the 7:15am classes opens at 7:00pm the night before.	
		5:30pm Cycle Sculpt Kenzie	5:30pm Interval/ Rhythm Cycle 30 Angie			
6:00pm Rhythm Cycle 45 Alyssa	6:15pm Vinyasa YOGA Hailey					

UFC Semester Hours:

Monday-Thursday: 7am-10pm

Friday: 7am-8pm

Saturday: 10am-6pm

Sunday: 12pm-6pm



Mossa Group Power

Group Power® is a one-hour, cutting-edge strength training workout designed to get you **MUSCLE STRONG AND MOVEMENT STRONG**. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight and the Step bench.



Mossa Group Core

Group core gives you three dimensional strength in 30 action packed minutes. A stronger core from your shoulders to your hips, improves athletic performance and enhances movement health.

Rhythm CYCLE 45 (minutes)

This class is 45 minutes of heart raising, indoor cycling fun. A rhythm- based class focuses largely on the beat of the music and includes movement of the upper body as well as traditional pedaling.

Interval Cycle 30

Get a quick heart-thumping cardio class with 30 minutes of traditional cycling including sprints, jumps and hills. No upper body choreography

Interval/Rhythm Cycle 30: This class will incorporate some very basic upper body movement into a traditional cycle class

Cycle Sculpt 45 (minutes)

This class is a rhythm-based cycle class that adds 2-3 lb weights throughout the class for upper body light weight/high repetition work.

Pilates Fusion: This workout includes a series of classical pilates and pilates inspired exercises that are great for toning and creating lean muscle while strengthening the core. This is low impact workout using 2-3 lb dumbbells along with a pilates ring and/or a yoga block.

Pilates Sculpt Flow: This workout includes pilates and yoga inspired movements using 2-3 lb hand weights for a full body sculpting class that flows to the beat of the music.

Perfect 10: This class is the perfect 30 minute combination of working the booty, arms and abs.

Booty Burn: It's all about the booty baby! This class focuses on all exercises to target the glutes. Resistance bands and weighted plates are used. Many exercises are common fitness floor exercises including squats, RDLs, bridges, and more!

VINYASA YOGA: Link yoga poses together with the breath in a flowing sequence.