

SUMMER 2025

GROUP FITNESS SCHEDULE

EFFECTIVE MAY 27 - AUG 1



FOR MORE INFORMATION

VISIT

TOWSON.EDU/CAMPUSREC

CALL

410-704-2367

EMAIL

CAMPUSREC@TOWSON.EDU

WEBSITE

EVENTS.TOWSON.EDU



Download the app



@Towsoncampusrec



@towsoncampusrec



@TUCampusRec

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

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