VIRTUAL GROUP FITNESS.

The classes you love (plus a few new ones!) led by the instructors you miss with the community you’ll always be part of.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POWERFLOW</strong>&lt;br&gt;6 – 6:45pm&lt;br&gt;Alexis</td>
<td><strong>CORE STRENGTH</strong>&lt;br&gt;12 – 12:30pm&lt;br&gt;Alex</td>
<td><strong>FUNCTIONAL STRENGTH &amp; STRETCH</strong>&lt;br&gt;11 – 11:45am&lt;br&gt;Haley</td>
<td><strong>TABATA</strong>&lt;br&gt;12 – 12:30pm&lt;br&gt;Taylor</td>
<td><strong>FUNCTIONAL STRENGTH &amp; STRETCH</strong>&lt;br&gt;11 – 11:45am&lt;br&gt;Haley</td>
<td><strong>FUNCTIONAL STRENGTH &amp; STRETCH</strong>&lt;br&gt;11 – 11:45am&lt;br&gt;Mitch</td>
<td><strong>ZUMBA</strong>&lt;br&gt;12 – 12:45pm&lt;br&gt;Heather</td>
</tr>
<tr>
<td><strong>BODYWEIGHT CONDITIONING</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Maddie</td>
<td><strong>ZUMBA</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Melissa</td>
<td><strong>BODYWEIGHT CONDITIONING</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Alex</td>
<td><strong>ZUMBA</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Johnny</td>
<td><strong>CORE STRENGTH</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Marita</td>
<td><strong>CORE STRENGTH</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Jordan</td>
<td></td>
</tr>
<tr>
<td><strong>KICKBOXING INTERVALS</strong>&lt;br&gt;6 – 6:45pm&lt;br&gt;Alex</td>
<td><strong>YOGA</strong>&lt;br&gt;6 – 6:45pm&lt;br&gt;Jordan</td>
<td><strong>CORE &amp; GLUTES</strong>&lt;br&gt;6 – 6:45pm&lt;br&gt;Maddie</td>
<td><strong>POWERFLOW</strong>&lt;br&gt;6 – 6:45pm&lt;br&gt;Morgan</td>
<td><strong>YOGA</strong>&lt;br&gt;5 – 5:45pm&lt;br&gt;Jordan</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Class Key**
- Strength
- Cardio
- HIIT
- Yoga

Schedule effective April 13 - May 9. All classes are offered virtually on Zoom.

How to sign up:
- All classes are free and offered virtually using Zoom
- You must sign up for class on services.recwell.wisc.edu
- Registration will open 48 hours before class and close 1 hour prior to the start of class
- After registration closes, we will send an email with a link to join the class; you will receive this email within the hour before class begins

Class descriptions:
- **Bodyweight Conditioning**: A full body workout that incorporates strength building exercises and high intensity intervals.
- **Core & Glutes**: A workout designed to strengthen the core and glute muscles using both targeted and integrated functional exercises.
- **Core Strength**: In 30 minutes, challenge your abs and back like never before!
- **Functional Strength & Stretching**: Similar to Workplace Workouts, this class focuses on bodyweight exercises with an emphasis on stretching for areas typically tight from sitting (chest, hamstrings, glutes, etc.)
- **Kickboxing Intervals**: A cardiovascular workout incorporating simple kickboxing drills and high energy intervals to get your feet moving and your heart pumping.
- **Powerflow**: A combination of yoga and Pilates with a fitness twist. Build total body muscular strength, improve balance, and increase flexibility.
- **Tabata**: A workout that integrates high intensity intervals of tabatas: exercises performed for 8 rounds of 20 seconds of intense work and 10 seconds rest.
- **Yoga**: Ease your mind while improving flexibility, strength, and body awareness.
- **Zumba**: A Latin-based workout that integrates dance and exercise while moving to international beats.