

VIRTUAL GROUP FITNESS

Enjoy fun and energizing group workouts for all fitness levels.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZUMBA 4:30 – 5:30pm Raquel	POWERFLOW 7 – 7:45am Lydia	HIIT 7 – 7:45am Natalie	YOGA 7 – 7:45am Lien	HIIT 7 – 7:45am Madison	BARRE 7 – 7:45am Jessica	YOGA 10 – 10:45am Alexis P.
HIIT 5:45 – 6:45pm Clara	YOGA 8 – 8:45am Logan S.	CORE STRENGTH 8 – 8:30am Jessica	POWERFLOW 8 – 8:45am Alexys B.	CORE STRENGTH 8 – 8:30am Madison	POWERFLOW 8 – 8:45am Elizabeth	ZUMBA 11 – 11:45am Heather
YOGA 7 – 8pm Logan K.	CORE STRENGTH 11:15 – 11:45am Molly	TABATA 11:15 – 11:45am Madison	CORE STRENGTH 11:15 – 11:45am Lizzie	GRIT CARDIO 11:15 – 11:45am Emily G.	TABATA 11:15 – 11:45am Lizzie	
	POWERFLOW 12:05 – 12:50pm Olivia	ZUMBA 12:05 – 12:50pm Lexie	POWERFLOW 12:05 – 12:50pm Claire	BARRE 12:05 – 12:50pm Emily G.	YOGA STRENGTH 12:05 – 12:50pm Ally	
	BARRE 4 – 4:45pm Taylor	TABATA 3:30 – 4pm Kearra	BARRE 4 – 4:45pm Lauren	CORE STRENGTH 3:30 – 4pm Taylor	ZUMBA 4 – 5pm Raquel	
	HIIT 5 – 6pm Alex	CORE STRENGTH 4:15 – 4:45pm Melissa	HIIT 5 – 6pm Megan	TABATA 4:15 – 4:45pm Taylor	YOGA 5:15 – 6:15pm Jordan	
	POWERFLOW 6:15 – 7:15pm Raquel	YOGA FOR STRESS RELIEF 5 – 6pm Emily J.	KICKBOXING INTERVALS 6:15 – 7:15pm Alex	POWERFLOW 5 – 6pm Allison		
	ZUMBA 7:30 – 8:30pm Melissa	ZUMBA 6:15 – 7:15pm Raquel	POWERFLOW 7:30 – 8:30pm Anna	ZUMBA 6:15 – 7:15pm Melissa		
		BARRE 7:30 – 8:30pm Johnny		YOGA FOR STRESS RELIEF 7:30 – 8:30pm Hope		

Key	
■ Strength	■ Cardio
■ Mind-Body	■ High Intensity Intervals

Schedule begins September 2. All classes are offered virtually on Zoom.

All classes are offered **virtually on Zoom**. You must sign up before class on services.recwell.wisc.edu. Registration opens 48 hours in advance and closes 1 minute before class begins. After you register, you'll receive an email with a link to join the class, which will open 10 minutes before class.

All group fitness classes are free September 2 - 30 and during Finals Week. A Finals Week schedule will be posted in December. Buy your **Group Fitness Pass** at services.recwell.wisc.edu.

Thanksgiving Break: Classes are canceled after 1pm on November 25 through November 29.

Schedule is subject to change. As in-person classes are deemed safe, we will phase them in and post a new schedule at recwell.wisc.edu/groupfitness.



RECREATION & WELLBEING
UNIVERSITY OF WISCONSIN-MADISON