## GROUP FITNESS SCHEDULE
**February 22 – May 7**

In-person classes are located in the studios at the Nicholas Recreation Center. The studio name is listed next to the instructor’s name. You must sign up before class on services.recwell.wisc.edu.

**Registration opens 48 hours in advance and closes 15 minutes before class begins.**

Please visit recwell.wisc.edu/groupfitness for a list of health and safety policies for in-person classes.

Purchase your Group Fitness Pass at services.recwell.wisc.edu. All group fitness classes are free January 25 – 31 and during Finals Week, May 1 – 7. A Finals Week schedule will be posted in April.

Schedule is subject to change.

### Sunday
- **GROUP STRENGTH**
  - Alex, Elevation: 7 – 7:45am
- **CYCLING**
  - Julia, Revolution: 7:30 – 8:15am
- **POWERFLOW**
  - Namaslay, Revolution: 8:15 – 9am

### Monday
- **GROUP STRENGTH**
  - Alex, Elevation: 7:15 – 8am
- **POWERFLOW**
  - Namaslay, Revolution: 8:15 – 9am
- **TEAMBREATS**
  - Alex, Flex Deck: 9:15 – 10am

### Tuesday
- **GROUP STRENGTH**
  - Rachel, Revolution: 7:15 – 7:45am
- **RHYTHM RIDE**
  - Jennifer, Revolution: 7:30 – 8:15am
- **TEAMBEATS**
  - Taelor, Flex Deck: 8:15 – 9:15am

### Wednesday
- **GROUP STRENGTH**
  - Rachel, Revolution: 7:15 – 7:45am
- **RHYTHM RIDE**
  - Jennifer, Revolution: 7:30 – 8:15am
- **TEAMBEATS**
  - Taelor, Flex Deck: 8:15 – 9:15am

### Thursday
- **GROUP STRENGTH**
  - Rachel, Revolution: 7:15 – 7:45am
- **RHYTHM RIDE**
  - Jennifer, Revolution: 7:30 – 8:15am
- **TEAMBEATS**
  - Taelor, Flex Deck: 8:15 – 9:15am

### Friday
- **GROUP STRENGTH**
  - Rachel, Revolution: 7:15 – 7:45am
- **RHYTHM RIDE**
  - Jennifer, Revolution: 7:30 – 8:15am
- **TEAMBEATS**
  - Taelor, Flex Deck: 8:15 – 9:15am

### Saturday
- **GROUP STRENGTH**
  - Alex, Elevation: 7 – 7:45am
- **POWERFLOW**
  - Namaslay, Revolution: 8:15 – 9am
- **TEAMBEATS**
  - Alex, Flex Deck: 9:15 – 10am

### KEY
- **STRENGTH**
- **CARDIO**
- **MIND–BODY**
- **CYCLING**
- **HIGH INTENSITY INTERVALS**