

Self-care week

GROUP FITNESS SCHEDULE

Enjoy free, fun, and energizing group workouts during Finals Week.

Saturday, May 1	Sunday, May 2	Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7
		GROUP STRENGTH Molly // Elevation 7 – 7:45am	POWERFLOW Anna // Momentum 7 – 7:45am	GROUP STRENGTH Taylor // Elevation 7 – 7:45am	YOGA Ally // Momentum 7 – 7:45am	BARRE Jessica B. // Elevation 7 – 7:45am
		CYCLING Bri // Revolution 7:30 – 8:15am	CYCLING Jessica L. // Revolution 7:30 – 8:15am	RHYTHM RIDE Megan F. // Revolution 7:30 – 8:15am	CYCLING Bri // Revolution 7:30 – 8:15am	
		POWERFLOW Logan S. // Elevation 8:15 – 9am	CORE STRENGTH Natalie // Elevation 8 – 8:30am	YOGA FOR STRESS RELIEF Alexys B. // Elevation 8:15 – 9am		
		TEAMBEATS Molly // Flex Deck 8:15 – 9:05am				
		GROUP STRENGTH Megan B. // Elevation 12:05 – 12:50pm	YOGA STRENGTH Elizabeth // Elevation 12:05 – 12:50pm	GROUP STRENGTH Natalie // Elevation 12:05 – 12:50pm	POWERFLOW Lien // Elevation 12:05 – 12:50pm	
		BAGS & BELLS Elise // Spark 3:45 – 4:45pm				
ZUMBA Raquel // Elevation 4:30 – 5:30pm		RHYTHM RIDE Jessica L. // Revolution 4 – 4:45pm	CYCLING Olivia N. // Revolution 4 – 4:45pm	RHYTHM RIDE Alex // Revolution 4 – 4:45pm		RHYTHM RIDE Nicole // Revolution 4 – 4:45pm
RHYTHM RIDE Mariah // Revolution 4:45 – 5:45pm		TEAMBEATS Molly // Flex Deck 4:45 – 5:35pm	TEAMBEATS Molly // Flex Deck 4:45 – 5:35pm			
		YOGA STRENGTH Logan K. // Momentum 5 – 5:45pm	GROUP STRENGTH Kearra // Elevation 5 – 5:45pm	POWERFLOW Olivia R. // Elevation 5 – 5:45pm	GROUP STRENGTH Lizzie // Elevation 5 – 5:45pm	YOGA Lydia // Momentum 5 – 5:45pm
YOGA Elizabeth // Momentum 5:15 – 6:15pm		BAGS & BELLS Elise // Spark 5:15 – 6:15pm				GROUP STRENGTH Raquel // Elevation 5:15 – 6:15pm
		CYCLING Nicole // Revolution 5:15 – 6:15pm	CYCLING Alex // Revolution 5:15 – 6:15pm	CYCLING Lauren K. // Revolution 5:15 – 6:15pm	RHYTHM RIDE Megan F. // Revolution 5:15 – 6:15pm	
		GROUP STRENGTH Alex // Elevation 6:15 – 7:15pm	YOGA FOR STRESS RELIEF Allison // Elevation 6:15 – 7:15pm	GROUP STRENGTH Lizzie // Elevation 6:15 – 7:15pm	POWERFLOW Olivia R. // Elevation 6:15 – 7:15pm	
		CYCLING Julia // Revolution 6:45 – 7:30pm				
		ZUMBA Johnny // Elevation 7:45 – 8:30pm	HIIT Molly // Elevation 7:45 – 8:30pm	ZUMBA Lexie // Elevation 7:45 – 8:30pm		

KEY

STRENGTH

CARDIO

MIND-BODY

CYCLING

HIGH INTENSITY INTERVALS

Classes are free with Wiscard or Rec Well membership card.

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.

Schedule is subject to change.