

Summer

GROUP FITNESS SCHEDULE

May 24 – August 21

Monday

Tuesday

Wednesday

Thursday

Friday

TERRACE YOGA
Logan K. // Terrace
7 – 8am

TERRACE YOGA
Morgan // Terrace
7 – 8am

TERRACE YOGA
Olivia R. // Terrace
7 – 8am

TERRACE YOGA
Logan K. // Terrace
7 – 8am

TERRACE YOGA
Olivia R. // Terrace
7 – 8am

GROUP STRENGTH
Johnny // Elevation
7 – 7:45am

TABATA CORE
Natalie // Elevation
7 – 7:45am

POWERFLOW
Morgan // Elevation
7 – 7:45am

GROUP STRENGTH
Natalie // Elevation
7 – 7:45am

POWERFLOW
Logan K. // Elevation
7 – 7:45am

TEAMBEATS
Lauren S. // Flex Deck
7:30 – 8:20am

TEAMBEATS
Kaitlyn // Flex Deck
7:30 – 8:20am

CYCLING
Nicole // Revolution
7:30 – 8:15am

CYCLING
Jessica L. // Revolution
7:30 – 8:15am

RHYTHM RIDE
Nicole // Revolution
7:30 – 8:15am

CYCLING
Raquel // Revolution
7:30 – 8:15am

YOGA STRENGTH
Olivia R. // Elevation
12:05 – 12:50pm

VIRTUAL CXWORX
Emily // Zoom
12:15 – 12:45pm

GROUP STRENGTH
Natalie // Elevation
12:05 – 12:50pm

VIRTUAL BARRE
Emily // Zoom
12:05 – 12:50pm

TERRACE YOGA
Lydia // Terrace
9 – 10am

TEAMBEATS
Elise // Flex Deck
4:45 – 5:35pm
June 13 – August 7

TEAMBEATS
Lauren S. // Flex Deck
4:45 – 5:35pm
June 13 – August 7

VIRTUAL HIIT
Clara // Zoom
5 – 5:45pm

VIRTUAL YOGA
Alexys // Zoom
5 – 5:45pm

VIRTUAL BARRE
Taylor // Zoom
5 – 5:45pm

VIRTUAL HIIT
Taylor // Zoom
5 – 5:45pm

RHYTHM RIDE
Jessica L. // Revolution
5 – 6pm

BAGS & BELLS
Elise // Spark
5 – 6pm
June 13 – August 7

CYCLING
Julia // Revolution
5 – 6pm

BAGS & BELLS
Ethan // Spark
5 – 6pm
June 13 – August 7

ZUMBA
Raquel // Elevation
5:30 – 6:30pm

POWERFLOW
Raquel // Elevation
5:30 – 6:30pm

HIIT
Raquel // Elevation
5:30 – 6:30pm

GROUP STRENGTH
Johnny // Elevation
5:30 – 6:30pm

GROUP STRENGTH
Raquel // Elevation
6:45 – 7:45pm

BARRE
Johnny // Elevation
6:45 – 7:45pm

POWERFLOW
Alexys // Elevation
6:45 – 7:45pm

ZUMBA
Melissa // Elevation
6:45 – 7:45pm

Saturday

KEY

STRENGTH

CARDIO

MIND-BODY

CYCLING

HIGH INTENSITY INTERVALS

You must pre-register for all classes beforehand on services.recwell.wisc.edu. In-person classes are located in the studios at the Nicholas Recreation Center, except for Terrace Yoga which is located at the Memorial Union Terrace. Virtual classes are hosted on Zoom. Please visit recwell.wisc.edu/groupfitness to purchase your Group Fitness Pass and to review our health and safety policies.

Memorial Day Weekend: Classes are cancelled Saturday, May 29 – Monday, May 31.
Independence Day Weekend: Classes are cancelled Saturday, July 3 – Monday, July 5.

Schedule is subject to change.