**GROUP FITNESS SCHEDULE**

September 8 – December 15

**Sunday**

- **GROUP STRENGTH**
  - 5:15 – 6:15pm
- **YOGA**
  - 4:45 – 5:30pm

**Monday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

**Tuesday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

**Wednesday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

**Thursday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

**Friday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

**Saturday**

- **GROUP STRENGTH**
  - 7:00 – 8:00pm
- **POWERFLOW**
  - 5:15 – 6:15pm

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**GROUP STRENGTH Key**

- **STRENGTH**
- **CARDIO**
- **MIND-BODY**
- **CYCLING**
- **HIGH INTENSITY INTERVALS**
- **LIVESTREAM AVAILABLE**

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Purchasing a Group Fitness Pass at services.recwell.wisc.edu. Please bring your Wiscard or Rec Well Membership Card to class.

Cycling, Rhythm Ride, Cycle Strength, Bags & Bells, and Teambeats: Reserve your spot at services.recwell.wisc.edu up to 48 hours before class begins and arrive 5 minutes early to claim your spot. No shows are subject to a penalty. Please visit our website for more information about group fitness policies. All other classes are drop-in (first come, first served).

Enjoy free classes presented by American Family Insurance during the first week of the semester, September 8 – 14, and Finals Week, December 16 – 23. A Finals Week schedule will be posted in December.

Thanksgiving Break: All classes are canceled after 1pm on November 24 through November 28.

**All classes are located at the Nicholas Recreation Center.**

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- **GROUP STRENGTH**
  - 5:15 – 6:15pm

**Monday**

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- **POWERFLOW**
  - 5:15 – 6:15pm

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**All virtual classes require registration at services.recwell.wisc.edu.**

Schedule subject to change.