**GROUP FITNESS SCHEDULE**

**January 25 – May 6**

**Sunday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Monday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
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**Tuesday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Wednesday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Thursday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Friday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Saturday**
- **HIT** 7:30–8:30am
- **GROUP STRENGTH** 7:30–8:30am
- **YOGA** 7:30–8:30am
- **CYCLING** 7:30–8:30am
- **RHYTHM RIDE** 7:30–8:30am
- **CORE STRENGTH** 7:30–8:30am
- **POWERSLIDE** 7:30–8:30am

**Notes:**
- All virtual classes require registration at services.recwell.wisc.edu.
- All classes are canceled after 1pm on March 11 through March 20.
- All classes are canceled after 1pm on April 15 through April 17.

**Services:**
- **POWERSLIDE**
- **GROUP STRENGTH**
- **YOGA**
- **CYCLING**
- **RHYTHM RIDE**
- **CORE STRENGTH**

**Locations:**
- All classes are located at the Nicholas Recreation Center.

**Policies:**
- Must be a student or Rec Well member to participate.
- Enjoy free classes presented by American Family Insurance during the first week of the semester.
- More information about group fitness policies.
- All other classes are drop-in (first come, first served).
- 5 minutes early to claim your spot.
- No-shows are subject to a penalty.
- Please visit our website for up to 48 hours before class begins and arrive.
- Reserve your spot at services.recwell.wisc.edu.
- Visit website for details.
- Purchase your Group Fitness Pass at services.recwell.wisc.edu.
- Please bring your Wiscard or Rec Well Membership Card to class.

**Schedule subject to change.**

**Group Fitness Schedule**

**January 25 – May 6**

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

**LIVESTREAM AVAILABLE**

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

**Purchase your 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, January 25 – 31, and Finals Week, May 7 – 13. Must be a student or Rec Well member to participate. A Finals Week schedule will be posted in May.**

All classes are canceled after 1pm on March 11 through March 20.

All classes are canceled after 1pm on April 15 through April 17.

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