### Self-Care Week | May 7 – May 13

**All Classes are Free!**

**GROUP FITNESS SCHEDULE**

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 Finals Week, May 7 – 13. Must be a student or Rec Well member to participate.

**Schedule subject to change.**

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**May 7**

- **YOGA** 9:30 – 10:30am
- **POWERFLOW** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

**May 8**

- **RHYTHM RIDE** 9:30 – 10:30am
- **CYCLING** 9:30 – 10:15am
- **RHYTHM RIDE** 3:30 – 4:30pm

**May 9**

- **GROUP STRENGTH** 9:30 – 10:30am
- **POWERFLOW** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

**May 10**

- **GROUP STRENGTH** 9:30 – 10:30am
- **YOGA** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

**May 11**

- **GROUP STRENGTH** 9:30 – 10:30am
- **POWERFLOW** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

**May 12**

- **GROUP STRENGTH** 9:30 – 10:30am
- **YOGA** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

**May 13**

- **GROUP STRENGTH** 9:30 – 10:30am
- **POWERFLOW** 10:30 – 11:30am
- **CYCLING** 10:30 – 11:15am

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**KEY**

<table>
<thead>
<tr>
<th>STRENGTH</th>
<th>CARDIO</th>
<th>MIND–BODY</th>
<th>CYCLING</th>
<th>HIGH INTENSITY INTERVALS</th>
</tr>
</thead>
</table>

All classes are located at the Nicholas Recreation Center.