

Summer GROUP FITNESS SCHEDULE

May 23 – August 19

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

TERRACE YOGA
Alexys // Terrace
7:15 – 8am

TERRACE YOGA
Caroline // Terrace
7:15 – 8am

TERRACE YOGA
Kelly // Terrace
7:15 – 8am

TERRACE YOGA
Alexys // Terrace
7:15 – 8am

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

CYCLING STRENGTH
Ellie // Revolution
7:30 – 8:15am

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

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

CYCLING
Cat // Revolution
5:15 – 6pm

RHYTHM RIDE
Nicole // Revolution
5:15 – 6pm

CYCLING STRENGTH
Allie // Revolution
5:15 – 6pm

RHYTHM RIDE
Ellie // Revolution
5:15 – 6pm

POWERFLOW
Kelly // Momentum
5:30 – 6:15pm

TABATA
Johnny // Balance
5:30 – 6pm
* June 20 - Aug 12

YOGA FOR STRESS RELIEF
Alexys // Momentum
5:30 – 6:15pm

TABATA
Taylor // Balance
5:30 – 6pm
* June 20 - Aug 12

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

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

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

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

YOGA STRENGTH
Caroline // Momentum
5:45 – 6:30pm

POWERFLOW
Makayla // Momentum
5:45 – 6:30pm

CYCLING
Cat // Revolution
6:15 – 6:45pm
* June 20 - Aug 12

BARRE
Johnny // Balance
6:15 – 7pm

CYCLING
Allie // Revolution
6:15 – 6:45pm
* June 20 - Aug 12

BARRE
Taylor // Balance
6:15 – 7pm

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

HIIT
Molly // Elevation
6:45 – 7:45pm

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

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

KEY

STRENGTH

CARDIO

MIND-BODY

CYCLING

HIGH INTENSITY INTERVALS

All classes are located at the Nicholas Recreation Center, except for Terrace Yoga which is located at the Memorial Union Terrace. 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 and TERRACE YOGA:

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).

Memorial Day Weekend: Classes are cancelled Saturday, May 28 – Monday, May 30.

Independence Day Weekend: Classes are cancelled Saturday, July 2 – Monday, July 4.

Schedule is subject to change.