GROUP FITNESS SCHEDULE
May 23 – August 19

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

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

- CYCLING
  Cat // Revolution
  5:15 - 6pm

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

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

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

- CYCLING STRENGTH
  Elle // Revolution
  7:30 – 8:15am

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

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

- TABATA
  Johnny // Balance
  5:30 - 6pm

- TABATA
  Taylor // Balance
  5:30 - 6pm

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

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

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

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

- RHYTHM RIDE
  Taylor // Balance
  5:30 - 6pm

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

- BARRE
  Johnny // Balance
  6:15 – 7pm

- BARRE
  Taylor // Balance
  6:15 – 7pm

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

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

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

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

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

- BARRE
  Johnny // Balance
  6:15 – 7pm

- BARRE
  Taylor // Balance
  6:15 – 7pm

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

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

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

- RHYTHM RIDE
  Elle // Revolution
  5:15 - 6pm

- TABATA
  Taylor // Balance
  5:30 - 6pm

- TABATA
  Raquel // Elevation
  5:30 - 6pm

- 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.