

NICHOLAS RECREATION CENTER SUMMER 2024 GROUP FITNESS SCHEDULE

May 20 - August 16

| HOURS | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---|---|--|--|---|----------|
| 7:30 – 8:15AM (45 minutes) | | HIIT Claire Elevation | RHYTHM RIDE Morgyn Revolution | BARRE Morgyn Balance | CYCLING Morgyn Revolution | GROUP STRENGTH Claire Elevation | |
| 5:15 - 6:15PM (60 minutes) | | ZUMBA Raquel Elevation | GROUP STRENGTH Claire Elevation | HIIT Raquel Elevation | YOGA Kushi & Lily Elevation | | |
| 5:30 - 6:15PM (45 minutes) | | CYCLING Gretchen Revolution | RHYTHM RIDE Gretchen Revolution | CYCLING Molly Revolution | RHYTHM RIDE Allie Revolution | | |
| 5:45 - 6:30PM (45 minutes) <i>(Jun 10 - Jul 24)</i> | | DEEP WATER Gracie Pool | | DEEP WATER Eleanor Pool | | | |
| 6:00 - 6:45PM (45 minutes) <i>(May 28 - Jul 30)</i> | | | AQUA ZUMBA Olivia Pool | | AQUA ZUMBA Olivia Pool | | |
| 6:30 - 7:30PM (60 minutes) | | GROUP STRENGTH Raquel Elevation | HIIT Jessica & Chloe Elevation | POWERFLOW Raquel Elevation | GROUP STRENGTH Chloe Elevation | | |
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KEY

CARDIO

HIGH
INTENSITY
INTERVALS

STRENGTH

MIND-BODY

Purchase your Group Fitness Pass at services.recwell.wisc.edu. Please bring your Wiscard or Rec Well Membership Card to class. Please arrive 10 minutes early to class to allow for check-in and set up. No late entry or exit/re-entry permitted.

Memorial Day: Classes canceled on Monday, May 27

Independence Day: Classes starting at or after 5:45pm on Wednesday July 3 through Thursday July 4 are canceled.

The following classes are canceled due to special events: 7:30am Barre in Balance on May 22 & 5:15pm HIIT in Elevation on June 12

Schedule subject to change.