

# BAKKE RECREATION & WELLBEING CENTER SPRING 2025 GROUP FITNESS SCHEDULE

January 21 – May 2

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:15AM (45 minutes)		<b>RHYTHM RIDE</b> Allie H.   Cadence	<b>YOGA GOLD</b> Evelyn   Serenity	<b>CYCLING</b> Gretchen   Cadence	<b>YOGA STRENGTH</b> Ali R.   Serenity		
		<b>SHALLOW WATER</b> Ann   Pool		<b>SHALLOW WATER</b> Ann   Pool			
9:30 – 10:15AM (45 minutes)							<b>AQUA ZUMBA</b> Maren   Pool
10 – 10:45AM (45 minutes)							
12:05 – 12:50PM (45 minutes)			<b>TRAIN360</b> Erin   Halo		<b>TRAIN360</b> John   Halo		
4:45 – 5:30PM (45 minutes)						<b>YOGA FOR STRESS RELIEF*</b> Ava Ke.   Serenity	
5 – 5:45PM (45 minutes)		<b>CYCLING</b> Gretchen   Cadence	<b>RHYTHM INTERVALS</b> Maddie B.   Cadence	<b>RHYTHM RIDE</b> Maddie F.   Cadence	<b>RHYTHM RIDE</b> Gretchen   Cadence		
5:15 – 6PM (45 minutes)	<b>RHYTHM RIDE</b> Maddie B.   Cadence	<b>YOGA</b> Katie A.   Serenity		<b>POWERFLOW</b> Olivia M.   Serenity			
5:15 – 6:15PM (60 minutes)		<b>GROUP STRENGTH</b> Morgyn   Tempo	<b>ZUMBA GOLD</b> Emily   Tempo	<b>GROUP STRENGTH</b> Morgyn   Tempo	<b>ZUMBA GOLD</b> Emily   Tempo		
5:30 – 6:30PM (60 minutes)		<b>CARDIO360</b> Maya   Halo		<b>CARDIO360</b> Bryanna W.   Halo			
6 – 6:45PM (45 minutes)			<b>SHALLOW WATER</b> Norah   Pool		<b>SHALLOW WATER</b> Olivia Y.   Pool		
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## KEY

CARDIO

HIGH INTENSITY INTERVALS

STRENGTH

MIND-BODY

### FREE LATE NIGHT AQUA ZUMBA | SPONSORED BY IAN'S PIZZA

9 – 9:45pm on February 5, March 5, April 2

8:45 – 9:30pm on May 7

Cove Pool | Free Ian's slice / salad card!

No Group Fitness pass required. Must be a UW-Madison student or Rec Well member to participate.

Please bring your Wiscard or Rec Well Membership Card to class. First come first serve.



Purchase your Group Fitness Pass at [services.recwell.wisc.edu](https://services.recwell.wisc.edu). Please bring your Wiscard or Rec Well Membership Card to class. All classes are drop-in (first come, first served).

Enjoy free classes during the first week of the semester, January 21 – 27, and Finals Week, May 3 – 9. Must be a UW-Madison student or Rec Well member to participate. A Finals Week schedule will be posted in May.

**SPRING BREAK:** Group Fitness classes, as shown in this schedule, are canceled Friday, March 21 through Sunday, March 30. A Spring break schedule will be posted in mid March.

**Group Fitness classes, as shown in this schedule, are canceled Friday, April 18 through Sunday, April 20.**

**\*4:45pm Yoga for Stress Relief on April 12 is cancelled**

Schedule subject to change.