

NICHOLAS RECREATION CENTER SPRING 2025 GROUP FITNESS SCHEDULE

January 21 – May 2

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8AM (45 minutes)		YOGA Kelly Momentum	POWERFLOW Ella Momentum	YOGA STRENGTH Kelly Momentum	POWERFLOW Khushi Momentum	YOGA FOR STRESS RELIEF Kelly Momentum	
7:30 – 8:15AM (45 minutes)		GROUP STRENGTH Vanessa Elevation	HIIT Erica Elevation	GROUP STRENGTH Veronica Elevation	HIIT Chloe Elevation	GROUP STRENGTH Erica Elevation	
		RHYTHM RIDE Caitlin W. Revolution	CYCLING Allie H. Revolution	RHYTHM RIDE Morgyn Revolution	CYCLING Nayeh Revolution	CYCLING INTERVALS Morgyn Revolution	
8:30 – 9:15AM (45 minutes)		RHYTHM RIDE Caitlin W. Revolution	RHYTHM RIDE Nayeh Revolution	CYCLING Brooklyn Revolution	RHYTHM RIDE Caitlin W. Revolution		
9:45 – 10:45AM (60 minutes)							POWERFLOW Ali R. Elevation
10 – 10:45AM (45 minutes)							RHYTHM RIDE Nayeh Revolution
11 – 11:45AM (45 minutes)							CYCLING Vanessa Revolution
12:05 – 12:50PM (45 minutes)		RHYTHM RIDE Molly Revolution	YOGA Ellie Momentum	RHYTHM RIDE Laurn Revolution	CYCLING INTERVALS Maddie B. Revolution	RHYTHM RIDE Molly Revolution	
4 – 5PM (60 minutes)						ZUMBA Raquel Elevation	
4:15 – 4:45PM (30 minutes)		GLUTE STRONG Veronica Elevation	HARDCORE Chloe Elevation	GLUTE STRONG Chloe Elevation	HARDCORE Erica Elevation		
4:15 – 5PM (45 minutes)		RHYTHM RIDE Maddie F. Revolution	CYCLING Caitlin W. Revolution	RHYTHM RIDE Raquel Revolution	CYCLING Allie H. Revolution	RHYTHM RIDE Ava Ka. Revolution	
4:30 – 5:15PM (45 minutes)	RHYTHM INTERVALS Brooklyn Revolution	BARRE Chloe Balance	POWERFLOW Katie A. Momentum	BARRE Allie Y. Balance	POWERFLOW Katie S. Momentum		
4:30 – 5:30PM (60 minutes)	ZUMBA Raquel Elevation						
4:45 – 5:30PM (45 minutes)		POWERFLOW Katy R. Momentum	BARRE Morgyn Balance	POWERFLOW Ellie Momentum	BARRE Vanessa Balance		
4:45 – 5:45PM (60 minutes)	YOGA Katie S. Momentum						
5 – 5:45PM (45 minutes)			TRAIN360 Maya Spark		TRAIN360 Erin Spark		
5 – 6PM (60 minutes)		HIIT Raquel Elevation	GROUP STRENGTH Chloe Elevation	HIIT Chloe Elevation	GROUP STRENGTH Erica Elevation	YOGA Ella Momentum	
5:15 – 6PM (45 minutes)		CYCLING Ava Ka. Revolution	RHYTHM RIDE Brooklyn Revolution	CYCLING Molly Revolution	RHYTHM RIDE Ava Ka. Revolution	RHYTHM RIDE Caitlin M. Revolution	
5:15 – 6:15PM (60 minutes)						GROUP STRENGTH Raquel Elevation	
						SUP FITNESS* Olivia Y. Pool	
5:30 – 6:15PM (45 minutes)	RHYTHM RIDE Briana P. Revolution	BARRE Veronica Balance		BARRE Allie Y. Balance			
5:30 – 6:30PM (60 minutes)		SUP FITNESS Ann Pool	YOGA STRENGTH Katie W. Momentum	AQUA ZUMBA Olivia Y. Pool	YOGA STRENGTH Katy R. Momentum		
5:45 – 6:30PM (45 minutes)		YOGA FOR STRESS RELIEF Katy R. Momentum	TABATA CORE Morgyn Balance	YOGA FOR STRESS RELIEF Lily Momentum	TABATA CORE Vanessa Balance		
		STRIKE360 Bryanna W. Spark		STRIKE360 Theo Spark			
6:15 – 7PM (45 minutes)		RHYTHM RIDE Caitlin M. Revolution	CYCLING INTERVALS Caitlin M. Revolution	RHYTHM RIDE Briana P. Revolution	CYCLING Maddie F. Revolution		
6:15 – 7:15PM (60 minutes)		POWERFLOW Raquel Elevation	ZUMBA Raquel Elevation	POWERFLOW Ella Elevation	HIIT Allie Y. Elevation		
7 – 7:45PM (45 minutes)			DEEP WATER Maren Pool		DEEP WATER Norah Pool		
7:30 – 8:15PM (45 minutes)			POWERFLOW Ali R. Elevation		YOGA Katie W. Elevation		
7:30 – 8:30PM (60 minutes)		GROUP STRENGTH Aliyah Elevation		GROUP STRENGTH Aliyah Elevation			

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. 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.

***Friday 5:15pm SUP Fitness on February 7 is cancelled**

Schedule subject to change.