BAKKE RECREATION & WELLBEING CENTER
FALL 2025 GROUP FITNESS SCHEDULE

September 3 – December 10

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:15AM (45 minutes)		**RHYTHM RIDE** Ava | Cadence	**POWERFLOW** Josie | Serenity	**CYCLING** Mabel | Cadence	**YOGA STRENGTH** Lydia | Serenity	**YOGA** Lily | Serenity	
			TRAIN360 OUTDOORS* Erin | Rooftop		**TRAIN360 OUTDOORS*** Aiden | Rooftop		
10:30 – 11:15AM (45 minutes)	**TRAIN360 OUTDOORS*** Bryanna | Rooftop						
12:05 – 12:50PM (45 minutes)		**TRAIN360 OUTDOORS*** Taylor F. | Rooftop		**TRAIN360 OUTDOORS*** Jasmine | Rooftop			
4:30 – 5:30PM (60 minutes)						**GROUP STRENGTH** Ally N. | Tempo	
4:45 – 5:30PM (45 minutes)						**YOGA FOR STRESS RELIEF** Ali R. | Serenity	
4:45 – 5:45PM (60 minutes)		**GROUP STRENGTH** Morgyn | Tempo		**GROUP STRENGTH** Morgyn | Tempo			
5 – 5:45PM (45 minutes)		**RHYTHM INTERVALS** Ashlyn | Cadence	**RHYTHM RIDE** Allie H. | Cadence	**RHYTHM RIDE** Maddie B. | Cadence	**CYCLING** Mikala | Cadence		
5:15 – 6PM (45 minutes)	**CYCLING** Milla | Cadence	**YOGA** Kira | Serenity	**SHALLOW WATER** Ann | Pool	**POWERFLOW** Helen | Serenity	**AQUA ZUMBA** Morgyn | Pool		
5:30 – 6:30PM (60 minutes)			**CARDIO360** Aiden | Halo		**CARDIO360** Aiden | Halo		
			ZUMBA GOLD Emily | Tempo		**ZUMBA** Carmen | Tempo		
6:00 – 6:45PM (45 minutes)		**AQUA ZUMBA+** Olivia | Pool		**SHALLOW WATER** Norah | Pool			
				ZUMBA GOLD Emily | Tempo			
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KEY

CARDIO | HIGH INTENSITY INTERVALS | STRENGTH | MIND-BODY

Purchase your Group Fitness Pass at services.recwell.wisc.edu.
Bring your Wiscard or Rec Well Membership Card to class.

Arrive 10 minutes early to class for check-in and set up.
No late entry or exit/re-entry permitted.

All classes are drop-in (first come, first served).
Visit recwell.wisc.edu/groupfitness to learn about our group fitness policies.

Enjoy free classes during Finals Week, December 11-18.

Must be a UW-Madison student or Rec Well member to participate.

A Finals Week schedule will be posted in December.

THANKSGIVING BREAK: No group fitness classes November 26 - 30.

Schedule subject to change.

+Aqua Zuma on Monday, November 3 @ 6pm will be canceled due to a pool closure.

**Train360 Outdoors: May be relocated to Halo at instructor's discretion based on outdoor conditions.*

FREE LATE NIGHT AQUA ZUMBA
SPONSORED BY IAN'S PIZZA

9-9:45pm on Nov. 5, Dec. 3, and Dec. 11.
Free Ian's slice card, while supplies last!

Location: Cove Pool

No group fitness pass required, must be a UW Madison Student or Rec Well Member to participate. Please bring wiscard or Rec Well Membership Card to class. First come, first serve.