

NICHOLAS RECREATION CENTER FALL 2023 GROUP FITNESS SCHEDULE

September 6 – December 13

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 – 7:45AM (45 minutes)		GROUP STRENGTH Erica Elevation	HIIT Vayda Elevation	GROUP STRENGTH Vayda Elevation	HIIT Jessica Elevation	GROUP STRENGTH Jessica Elevation	
		TRAIN360 Maya Spark		TRAIN360 Maya Spark			
7:15 – 8AM (45 minutes)		POWERFLOW Ava Momentum	POWERFLOW Elizabeth Momentum	YOGA STRENGTH Kelly Momentum	POWERFLOW Lily Momentum	YOGA FOR STRESS RELIEF Kelly Momentum	
7:30 – 8:15AM (45 minutes)		RHYTHM RIDE Annika Revolution	CYCLING Caitlin W. Revolution	RHYTHM RIDE Morgyn Revolution	CYCLING Ellie Revolution	CYCLE STRENGTH Maddie Revolution	
10 – 10:45AM (45 minutes)							CYCLING Annika Revolution
10 – 11AM (60 minutes)							POWERFLOW Katy Momentum
12:05 – 12:50PM (45 minutes)		RHYTHM RIDE Ellie Revolution		RHYTHM RIDE Lauren K. Revolution		CYCLING Morgyn Revolution	
4 – 5PM (60 minutes)						ZUMBA Raquel Elevation	
4:15 – 4:45PM (30 minutes)		GLUTE STRONG Aliyah Elevation	HARDCORE Jessica Elevation	GLUTE STRONG Chloe Elevation	HARDCORE Claire Elevation		
4:15 – 5PM (45 minutes)		RHYTHM RIDE Briana Revolution	CYCLING Danijela Revolution	RHYTHM RIDE Raquel Revolution	CYCLING Briana Revolution	RHYTHM RIDE Caitlin W. Revolution	
4:30 – 5:15PM (45 minutes)	RHYTHM RIDE Allie W. Revolution		BARRE Ally N. Balance		BARRE Ally N. Balance		
4:30 – 5:30PM (60 minutes)	ZUMBA Raquel Elevation						
4:45 – 5:45PM (60 minutes)	YOGA Elizabeth Momentum						
5 – 5:45PM (45 minutes)		STRIKE360 Delani Spark	CARDIO360 Kailee Flex Deck	STRIKE360 Kelsey Spark	CARDIO360 Theo Flex Deck	TRAIN360 Elise Spark	
5 – 6PM (60 minutes)		HIIT Raquel Elevation	GROUP STRENGTH Jessica Elevation	HIIT Chloe Elevation	GROUP STRENGTH Claire Elevation	YOGA Kat Momentum	
5:15 – 6PM (45 minutes)		CYCLING Maddie Revolution		CYCLING Caitlin W. Revolution		CYCLING Nayeh Revolution	
		YOGA FOR STRESS RELIEF Lily Momentum		YOGA FOR STRESS RELIEF Kat Momentum			
5:15 – 6:15PM (60 minutes)			CYCLE STRENGTH Lauryn W. Revolution		CYCLE STRENGTH Nayeh Revolution	GROUP STRENGTH Raquel Elevation	
5:30 – 6:15PM (45 minutes)	CYCLING Caitlin M. Revolution	BARRE Vayda Balance	TABATA CORE Ally N. Balance	BARRE Allie Y. Balance	TABATA CORE Aliyah Balance		
		SHALLOW WATER Ann Pool		SHALLOW WATER Gracie Pool			
5:30 – 6:30PM (60 minutes)			YOGA STRENGTH Danijela Momentum		YOGA STRENGTH Katy Momentum		
5:45 – 6:30PM (45 minutes)			TRAIN360 Theo Spark		TRAIN360 Kailee Spark		
6:15 – 7PM (45 minutes)		RHYTHM RIDE Ashleigh Revolution		RHYTHM RIDE Lauryn W. Revolution			
6:15 – 7:15PM (60 minutes)		POWERFLOW Raquel Elevation	ZUMBA Raquel Elevation	POWERFLOW Danijela Elevation	ZUMBA Chloe J. Elevation		
6:30 – 7:15PM (45 minutes)			RHYTHM RIDE Caitlin M. Revolution		RHYTHM RIDE Maddie Revolution		
7 – 7:45PM (45 minutes)			DEEP WATER Eleanor Pool		DEEP WATER Gracie Pool		
7:30 – 8:15PM (45 minutes)			POWERFLOW Kat Elevation		YOGA Lydia Elevation		
7:30 – 8:30PM (60 minutes)		GROUP STRENGTH Allie Y. Elevation		GROUP STRENGTH Erica 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.

CYCLING, RHYTHM RIDE, CYCLE STRENGTH, TRAIN360, STRIKE360, CARDIO360, SHALLOW WATER & DEEP WATER: Reserve your spot at services.recwell.wisc.edu up to 48 hours before class begins and arrive 10 minutes early to claim your spot. Unclaimed spots will be given out to walk-in's 5 minutes to class start time. No-shows are subject to \$10 fee. Please visit our website for more information about group fitness policies. All other classes are drop-in (first come, first served).

Enjoy free walk-in's when spots are available during the first week of the semester, September 6–12, and Finals Week, December 14–21. Must be a UW–Madison student or Rec Well member to participate. A Finals Week schedule will be posted in December.

No group fitness classes Wednesday November 22 through Sunday November 26.

The following group fitness classes are canceled due to special events:

7pm Deep Water class on Thursdays October 5 and October 19.

5:30pm Tabata Core and 5:45pm Train360 on September 7.

Schedule subject to change.