

BAKKE RECREATION & WELLBEING CENTER FALL 2023 GROUP FITNESS SCHEDULE

September 6 – December 13

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 – 7:45AM (45 minutes)		YOGA GOLD Evelyn Serenity		YOGA GOLD Evelyn Tempo		YOGA GOLD Evelyn Serenity	
7:15 – 8AM (45 minutes)			GROUP STRENGTH Morgyn Tempo		GROUP STRENGTH Morgyn Tempo		
7:30 – 8:15AM (45 minutes)		SHALLOW WATER Eleanor Pool		SHALLOW WATER Ann Pool			
12:05 – 12:50PM (45 minutes)			CYCLING Ellie Cadence		RHYTHM RIDE Danijela Cadence		
4:30 – 5:15PM (45 minutes)		STRENGTH GOLD Morgyn Tempo	YOGA GOLD Evelyn Serenity	ZUMBA GOLD Erin Tempo			
4:45 – 5:30PM (45 minutes)						YOGA FOR STRESS RELIEF Ava Serenity	
5 – 5:45PM (45 minutes)		CYCLING Gretchen Cadence	RHYTHM RIDE Ashleigh Cadence	CYCLE STRENGTH Briana Cadence	RHYTHM RIDE Gretchen Cadence		
5:15 – 6PM (45 minutes)			TRAIN360 Delani Halo		TRAIN360 Elise Halo		
5:15 – 6:15PM (60 minutes)		POWERFLOW Lydia Serenity		YOGA STRENGTH Lily Serenity			
5:30 – 6:15PM (45 minutes)			SHALLOW WATER Olivia Pool		SHALLOW WATER Olivia Pool		
5:30 – 6:30PM (60 minutes)		GROUP STRENGTH Megan Tempo	HIIT Claire Tempo	GROUP STRENGTH Aliyah Tempo	HIIT Erica Tempo		
5:45 – 6:30PM (45 minutes)		TRAIN360 Kelsey Halo		TRAIN360 Elise Halo			
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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: 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 5:30pm HIIT class on Thursday September 21 is canceled due to a special event.

Schedule subject to change.