

BAKKE RECREATION & WELLBEING CENTER

SPRING 2024 GROUP FITNESS SCHEDULE

January 23 – May 3

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8AM (45 minutes)			TRAIN360 Delani Halo		TRAIN360 Delani Halo		
7:30 – 8:15AM (45 minutes)		SHALLOW WATER Ann Pool	STRENGTH GOLD Morgyn Tempo	SHALLOW WATER Eleanor Pool	YOGA GOLD Evelyn Serenity	YOGA GOLD Evelyn Serenity	
		RHYTHM RIDE Lauryn Cadence		RHYTHM RIDE Gretchen Cadence			
4:45 – 5:30PM (45 minutes)			YOGA GOLD Evelyn Serenity			YOGA FOR STRESS RELIEF Ava Ke. Serenity	
5 – 5:45PM (45 minutes)		POWERFLOW Lydia Serenity	ZUMBA GOLD Erin Tempo	YOGA STRENGTH Elizabeth Serenity	ZUMBA Erin Tempo		
5 – 6PM (60 minutes)		GROUP STRENGTH Morgyn Tempo		GROUP STRENGTH Morgyn Tempo			
5:15 – 6PM (45 minutes)	TABATA CORE Allie Y. Tempo	CYCLING INTERVALS Gretchen Cadence	RHYTHM RIDE Ashleigh Cadence	CYCLING Molly Cadence	RHYTHM RIDE Gretchen Cadence		
5:30 – 6:15PM (45 minutes)		TRAIN360 Elise Halo	SHALLOW WATER Ann Pool	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, CYCLING INTERVALS, and TRAIN360: 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 a \$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, January 23 – 29, and Finals Week, May 4 – 10. Must be a UW–Madison student or Rec Well member to participate. A Finals Week schedule will be posted in May.

No group fitness classes as shown in this schedule March 22 – March 31.
A special Spring Break schedule for March 25 – 29 will be posted in March.