

# NICHOLAS RECREATION CENTER SPRING 2024 GROUP FITNESS SCHEDULE

## January 23 – May 3

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8AM (45 minutes)		YOGA Elizabeth   Momentum	POWERFLOW Katy   Momentum	YOGA FOR STRESS RELIEF Kelly   Momentum	POWERFLOW Kelly   Momentum	YOGA STRENGTH Kat   Momentum	
7:30 – 8:15AM (45 minutes)		GROUP STRENGTH Allie Y.   Elevation	HIIT Vayda   Elevation	GROUP STRENGTH Allie Y.   Elevation	HIIT Jessica   Elevation	GROUP STRENGTH Jessica   Elevation	
		RHYTHM RIDE Maddie   Revolution	CYCLING Nayeh   Revolution	RHYTHM RIDE Morgyn   Revolution	RHYTHM RIDE Ellie   Revolution	CYCLING INTERVALS Meghan   Revolution	
		TRAIN360 Maya   Spark		TRAIN360 Maya   Spark		TRAIN360 Theo   Spark	
10 – 10:45AM (45 minutes)							CYCLING Allie H.   Revolution
11 – 11:45AM (45 minutes)							RHYTHM RIDE Nayeh   Revolution
12 – 12:45PM (45 minutes)							POWERFLOW Khushi   Momentum
12:05 – 12:50PM (45 minutes)		CYCLING Ellie   Revolution	RHYTHM RIDE Caitlin   Revolution	RHYTHM RIDE Ellie   Revolution	CYCLING INTERVALS Caitlin   Revolution	CYCLING Morgyn   Revolution	
4 – 5PM (60 minutes)						ZUMBA Raquel   Elevation	
4:15 – 4:45PM (30 minutes)		GLUTE STRONG Jessica   Elevation	HARDCORE Jessica   Elevation	GLUTE STRONG Claire   Elevation	HARDCORE Vayda   Elevation		
4:15 – 5PM (45 minutes)		RHYTHM RIDE Meghan   Revolution	CYCLING Laurn   Revolution	RHYTHM RIDE Raquel   Revolution	CYCLING Danijela   Revolution	RHYTHM RIDE Ava Ka.   Revolution	
			CARDIO360 Kailee   Flex Deck		CARDIO360 Theo   Flex Deck		
4:30 – 5:15PM (45 minutes)	RHYTHM RIDE Molly   Revolution		POWERFLOW Kat   Momentum		POWERFLOW Ava Ke.   Momentum		
4:30 – 5:30PM (60 minutes)	ZUMBA Raquel   Elevation						
4:45 – 5:30PM (45 minutes)		POWERFLOW Danijela   Momentum	BARRE Morgyn/Ally   Balance	POWERFLOW Ella   Momentum	BARRE Ally   Balance		
4:45 – 5:45 (60 minutes)	YOGA Lydia   Momentum						
5 – 5:45PM (45 minutes)			TRAIN360 Kelsey   Spark		TRAIN360 Kailee   Spark		
5 – 6PM (60 minutes)		HIIT Raquel   Elevation	GROUP STRENGTH Jessica   Elevation	HIIT Claire   Elevation	GROUP STRENGTH Vayda   Elevation	YOGA Katy   Momentum	
5:15 – 6PM (45 minutes)		CYCLING INTERVALS Ashleigh   Revolution	RHYTHM RIDE Liv   Revolution	CYCLING Ava Ka.   Revolution	RHYTHM RIDE Maddie   Revolution	RHYTHM RIDE Caitlin   Revolution	
5:15 – 6:15PM (60 minutes)						GROUP STRENGTH Raquel   Elevation	
5:30 – 6:15PM (45 minutes)	CYCLING Liv   Revolution	BARRE Jessica   Balance		BARRE Danijela   Balance			
		STRIKE360 Theo   Spark		STRIKE360 Kelsey   Spark			
5:30 – 6:30PM (60 minutes)			YOGA STRENGTH Khushi   Momentum		YOGA STRENGTH Danijela   Momentum		
5:45 – 6:30PM (45 minutes)		YOGA FOR STRESS RELIEF Ella   Momentum		YOGA FOR STRESS RELIEF Kat   Momentum			
		SHALLOW WATER Olivia   Pool		SHALLOW WATER Eleanor   Pool			
6:15 – 7PM (45 minutes)		RHYTHM RIDE Danijela   Revolution	CYCLING INTERVALS Maddie   Revolution	RHYTHM RIDE Allie H.   Revolution	RHYTHM RIDE Ashleigh   Revolution		
6:15 – 7:15PM (60 minutes)		POWERFLOW Raquel   Elevation	ZUMBA Raquel   Elevation	POWERFLOW Lily   Elevation	HIIT Aliyah   Elevation		
7 – 7:45PM (45 minutes)			DEEP WATER Gracie   Pool		DEEP WATER Gracie   Pool		
7:30 – 8:15PM (45 minutes)			POWERFLOW Elizabeth   Elevation		YOGA Lily   Elevation		
7:30 – 8:30PM (60 minutes)		GROUP STRENGTH Claire   Elevation		GROUP STRENGTH Aliyah   Elevation			
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## KEY

## CARDIO

## HIGH INTENSITY INTERVALS

## STRENGTH

## MIND-BODY

Purchase your Group Fitness Pass at [services.recwell.wisc.edu](https://services.recwell.wisc.edu). Please bring your Wiscard or Rec Well Membership Card to class.

**CYCLING, RHYTHM RIDE, CYCLING INTERVALS, TRAIN360, STRIKE360, and CARDIO360:** Reserve your spot at [services.recwell.wisc.edu](https://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, 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.

**Schedule subject to change.**