

# BAKKE RECREATION & WELLBEING CENTER FALL 2024 GROUP FITNESS SCHEDULE

September 4 – December 11

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8:15AM (60 minutes)			<b>CARDIO360</b> Talia   Halo		<b>CARDIO360</b> Morgyn   Halo		
7:30 – 8:15AM (45 minutes)		<b>CYCLING</b> Liv   Cadence	<b>YOGA GOLD</b> Evelyn   Serenity	<b>RHYTHM RIDE</b> Ava Ka.   Cadence	<b>POWERFLOW</b> Ali R.   Serenity		
4:45 – 5:30PM (45 minutes)						<b>YOGA FOR STRESS RELIEF</b> Katy R.   Serenity	
5 – 5:45PM (45 minutes)		<b>YOGA STRENGTH</b> Katie W.   Serenity		<b>POWERFLOW</b> Katie S.   Serenity			
		<b>TRAIN360</b> Bryanna W.   Halo		<b>TRAIN360</b> Bryanna W.   Halo			
5:15 – 6PM (45 minutes)	<b>RHYTHM RIDE</b> Maddie B.   Cadence	<b>RHYTHM RIDE</b> Gretchen   Cadence	<b>CYCLING</b> Gretchen   Cadence	<b>RHYTHM RIDE</b> Caitlin W.   Cadence	<b>RHYTHM INTERVALS</b> Gretchen   Cadence		
5:15 – 6:15PM (60 minutes)		<b>GROUP STRENGTH</b> Morgyn   Tempo	<b>ZUMBA GOLD</b> Emily   Tempo	<b>GROUP STRENGTH</b> Allie Y.   Tempo	<b>ZUMBA GOLD</b> Emily   Tempo		
6 – 6:45PM (45 minutes)			<b>SHALLOW WATER</b> Ann   Pool		<b>SHALLOW WATER</b> Olivia   Pool		

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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.

All classes are drop-in (first come, first served).

Enjoy free classes when spots are available during the first week of the semester, September 4 - 10, and Finals Week, December 12 - 19. 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 27 through December 1.

Schedule subject to change.