

NICHOLAS RECREATION CENTER FALL 2024 GROUP FITNESS SCHEDULE

September 4 – December 11

HOURS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 – 8AM (45 minutes)		POWERFLOW Kelly Momentum	YOGA Ali R. Momentum	YOGA STRENGTH Kelly Momentum	POWERFLOW Elizabeth Momentum	YOGA FOR STRESS RELIEF Kelly Momentum	
7:30 – 8:15AM (45 minutes)		HIIT Erica Elevation	GROUP STRENGTH Vanessa Elevation	HIIT Vayda Elevation	GROUP STRENGTH Aliyah Elevation	GROUP STRENGTH Brad Elevation	
		RHYTHM RIDE Molly W. Revolution	CYCLING Caitlin W. Revolution	RHYTHM RIDE Morgyn Revolution	CYCLING Caitlin M. Revolution	RHYTHM INTERVALS Liv Revolution	
		TRAIN360 Maya Spark		TRAIN360 Maya Spark			
9:45 – 10:30AM (45 minutes)							POWERFLOW* Ava Ke. Elevation
10 – 10:45AM (45 minutes)							RHYTHM RIDE* Brooklyn & Allie H. Revolution TRAIN360* Talia Spark
11 – 11:45AM (45 minutes)							GROUP STRENGTH* Aliyah Elevation
12:05 – 12:50PM (45 minutes)		RHYTHM RIDE Allie H. Revolution	POWERFLOW Katy R. Momentum	CYCLING Meghan Revolution	GROUP STRENGTH Morgyn Elevation	RHYTHM RIDE Annika Revolution	
4 – 5PM (60 minutes)						ZUMBA Raquel Elevation	
4:15 – 4:45PM (30 minutes)		GLUTE STRONG Claire Elevation	HARDCORE Claire Elevation	GLUTE STRONG Chloe Elevation	HARDCORE Erica Elevation		
4:15 – 5PM (45 minutes)		RHYTHM RIDE Brooklyn Revolution	CYCLING Lauryn Revolution	RHYTHM RIDE Raquel Revolution	CYCLING Brooklyn Revolution	RHYTHM RIDE Ava Ka. Revolution	
4:30 – 5:15PM (45 minutes)	RHYTHM INTERVALS Caitlin W. Revolution		POWERFLOW Katie A. Momentum		POWERFLOW Katy R. Momentum	BARRE Chloe Balance	
4:30 – 5:30PM (60 minutes)	ZUMBA Raquel Elevation						
4:45 – 5:15PM (30 minutes)		HARDCORE Vayda Balance		HARDCORE Morgyn Balance			
4:45 – 5:30PM (45 minutes)		POWERFLOW Katie S. Momentum	BARRE Ally N. Balance	POWERFLOW Katie W. Momentum	BARRE Vanessa Balance		
4:45 – 5:45PM (60 minutes)	YOGA Ella Momentum						
5 – 5:45PM (45 minutes)			TRAIN360 Jasmine Spark		TRAIN360 Kailee Spark		
5 – 6PM (60 minutes)		HIIT Raquel Elevation	GROUP STRENGTH Claire Elevation	HIIT Chloe Elevation	GROUP STRENGTH Erica Elevation	YOGA Ellie Momentum	
5:15 – 6PM (45 minutes)	STRIKE360* Jasmine Spark	CYCLING INTERVALS Ava Ka. Revolution	RHYTHM RIDE Liv Revolution	CYCLING Molly Revolution	RHYTHM RIDE Meghan Revolution	RHYTHM RIDE Maddie F. Revolution	
5:15 – 6:15PM (60 minutes)						GROUP STRENGTH Raquel Elevation SUP FITNESS* Gracie Pool	
5:30 – 6:15PM (45 minutes)	RHYTHM RIDE Briana P. Revolution	BARRE Vayda Balance		BARRE Morgyn Balance			
		STRIKE360 Theo Spark		STRIKE360 Theo Spark			
5:30 – 6:30PM (60 minutes)			YOGA STRENGTH Elizabeth Momentum		YOGA STRENGTH Ava Ke. Momentum		
5:45 – 6:30PM (45 minutes)		YOGA FOR STRESS RELIEF Katie S. Momentum	TABATA CORE Allie Y. Balance	YOGA FOR STRESS RELIEF Katie A. Momentum	TABATA CORE Brad Balance		
		AQUA ZUMBA Olivia Pool		SHALLOW WATER Ann Pool			
6:15 – 7PM (45 minutes)		RHYTHM RIDE Caitlin M. Revolution	CYCLING INTERVALS Allie H. Revolution	RHYTHM RIDE Lauryn Revolution	CYCLING Maddie B. Revolution		
6:15 – 7:15PM (60 minutes)		POWERFLOW Raquel Elevation	ZUMBA Raquel Elevation	POWERFLOW Ellie Elevation	HIIT Claire Elevation		
7 – 7:45PM (45 minutes)			DEEP WATER Gracie Pool		DEEP WATER Gracie Pool		
7:30 – 8:15PM (45 minutes)			POWERFLOW Ella Elevation		YOGA Khushi Elevation		
7:30 – 8:30PM (60 minutes)		GROUP STRENGTH Chloe Elevation		GROUP STRENGTH Ally N. 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.

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.

* No class on home football games September 7 & 14, October 5 & 26, November 16 & 30. No Strike360 class on October 6 nor November 17. No SUP Fitness class on October 11 & November 1.

THANKSGIVING BREAK: No group fitness classes November 27 through December 1. Schedule subject to change.