

BAKKE RECREATION & WELLBEING CENTER SELF-CARE WEEK 2025 GROUP FITNESS SCHEDULE

May 3 – 9

HOURS	Saturday May 3	Sunday May 4	Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9
7:30 – 8:15AM (45 minutes)			RHYTHM RIDE Allie H. Cadence	YOGA Ali R. Serenity			
9:30 – 10:15AM (45 minutes)	AQUA ZUMBA Maren Pool						
12:05 – 12:50PM (45 minutes)				TRAIN360 Erin Halo			
5 – 5:45PM (45 minutes)			CYCLING Nayeh Cadence	RHYTHM INTERVALS Maddie B. Cadence			
5:15 – 6PM (45 minutes)		RHYTHM RIDE Maddie B. Cadence	YOGA Katie A. Serenity				
5:15 – 6:15PM (60 minutes)			GROUP STRENGTH Morgyn Tempo	ZUMBA GOLD Emily Tempo			
6 – 6:45PM (45 minutes)				SHALLOW WATER Norah Pool			
8:45 – 9:30PM (45 minutes)					AQUA ZUMBA* Olivia Y. Pool		

HOURS	Saturday May 3	Sunday May 4	Monday May 5	Tuesday May 6	Wednesday May 7	Thursday May 8	Friday May 9
-------	-------------------	-----------------	-----------------	------------------	--------------------	-------------------	-----------------

KEY

CARDIO
HIGH INTENSITY INTERVALS
STRENGTH
MIND-BODY

Please bring your Wiscard or Rec Well Membership Card to class. All classes are drop-in (first come, first served).

Enjoy free classes. Must be a UW-Madison student or Rec Well member to participate.

A Summer 2025 schedule will be posted mid May.

***FREE LATE NIGHT AQUA ZUMBA | SPONSORED BY IAN'S PIZZA | Free Ian's slice/salad card!**

Schedule subject to change.

