

# NICHOLAS RECREATION 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
7:15 – 8AM (45 minutes)			<b>YOGA</b> Kelly   Momentum	<b>POWERFLOW</b> Ella   Momentum	<b>YOGA STRENGTH</b> Kelly   Momentum	<b>POWERFLOW</b> Khushi   Momentum	<b>YOGA FOR STRESS RELIEF</b> Kelly   Momentum
7:30 – 8:15AM (45 minutes)			<b>GROUP STRENGTH</b> Vanessa   Elevation	<b>HIIT</b> Erica   Elevation	<b>GROUP STRENGTH</b> Erica   Elevation	<b>HIIT</b> Chloe   Elevation	<b>GROUP STRENGTH</b> Erica   Elevation
			<b>RHYTHM RIDE</b> Caitlin W.   Revolution	<b>CYCLING</b> Allie H.   Revolution	<b>RHYTHM RIDE</b> Morgyn   Revolution	<b>CYCLING</b> Nayeh   Revolution	
8:30 – 9:15AM (45 minutes)			<b>RHYTHM RIDE</b> Caitlin M.   Revolution	<b>RHYTHM RIDE</b> Nayeh   Revolution			
9:45 – 10:45AM (60 minutes)	<b>POWERFLOW</b> Ali R.   Elevation						
10 – 10:45AM (45 minutes)	<b>RHYTHM RIDE</b> Nayeh   Revolution						
11 – 11:45AM (45 minutes)	<b>CYCLING</b> Vanessa   Revolution						
12:05 – 12:50PM (45 minutes)			<b>RHYTHM RIDE</b> Maddie B.   Revolution	<b>YOGA</b> Ellie   Momentum			
4:15 – 4:45PM (30 minutes)			<b>GLUTE STRONG</b> Veronica   Elevation	<b>HARDCORE</b> Allie Y.   Elevation			
4:15 – 5PM (45 minutes)			<b>RHYTHM RIDE</b> Maddie F.   Revolution	<b>CYCLING</b> Caitlin W.   Revolution	<b>RHYTHM RIDE</b> Raquel   Revolution		
4:30 – 5:15PM (45 minutes)		<b>RHYTHM INTERVALS</b> Brooklyn   Revolution	<b>BARRE</b> Chloe   Balance	<b>POWERFLOW</b> Katie A.   Momentum	<b>BARRE</b> Allie Y.   Balance	<b>POWERFLOW</b> Katie S.   Momentum	
4:30 – 5:30PM (60 minutes)		<b>ZUMBA</b> Raquel   Elevation					
4:45 – 5:30PM (45 minutes)			<b>POWERFLOW</b> Katy R.   Momentum	<b>BARRE</b> Morgyn   Balance	<b>POWERFLOW</b> Ellie   Momentum		
4:45 – 5:45PM (60 minutes)		<b>YOGA</b> Katie S.   Momentum					
5 – 5:45 (45 minutes)				<b>TRAIN360</b> Erin   Spark			
5 – 6PM (60 minutes)			<b>HIIT</b> Raquel   Elevation	<b>GROUP STRENGTH</b> Allie Y.   Elevation	<b>HIIT</b> Chloe   Elevation	<b>GROUP STRENGTH</b> Erica   Elevation	
5:15 – 6PM (45 minutes)			<b>CYCLING</b> Ava Ka   Revolution	<b>RHYTHM RIDE</b> Brooklyn   Revolution	<b>CYCLING</b> Molly   Revolution	<b>RHYTHM RIDE</b> Ava Ka   Revolution	
5:30 – 6:15PM (45 minutes)		<b>RHYTHM RIDE</b> Briana P.   Revolution	<b>BARRE</b> Veronica   Balance				
5:30 – 6:30PM (60 minutes)			<b>SUP Fitness</b> Ann   Pool	<b>YOGA STRENGTH</b> Katie W.   Momentum			
5:45 – 6:30PM (45 minutes)			<b>YOGA FOR STRESS RELIEF</b> Katy R.   Momentum	<b>TABATA CORE</b> Morgyn   Balance			
			<b>STRIKE360</b> Brianna W.   Spark		<b>STRIKE360</b> Theo   Spark		
6:15 – 7PM (45 minutes)			<b>RHYTHM RIDE</b> Caitlin M.   Revolution	<b>CYCLING INTERVALS</b> Caitlin M.   Revolution			
6:15 – 7:15PM (60 minutes)			<b>POWERFLOW</b> Raquel   Elevation	<b>ZUMBA</b> Raquel   Elevation	<b>POWERFLOW</b> Ella   Elevation		
7:30 – 8:15PM (45 minutes)				<b>POWERFLOW</b> Ali R.   Elevation			
7:30 – 8:30PM (60 minutes)			<b>GROUP STRENGTH</b> Aliyah   Elevation				

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## 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.

Schedule subject to change.