GROUP FITNESS

FALL 2026 | SEPTEMBER 2 – DECEMBER 9

Bakke Recreation & Wellbeing Center

Class Key

CLASS FORMAT
Instructor | Room

MIND-BODY

HIGH INTENSITY INTERVALS

CARDIO

STRENGTH

Time duration	**Sunday**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
7:30 - 8:15 am 45 minutes		**POWERFLOW** Gabi | Serenity	**YOGA** Farrah | Serenity		**POWERFLOW** Amelia | Serenity		
9:30 - 10:15 am 45 minutes	**AQUA ZUMBA** Maren | Pool						
10:30 - 11:15 am 45 minutes	**TRAIN360 OUTDOORS** Bryanna | Rooftop						
12:05 - 12:50 pm 45 min			**TRAIN360 OUTDOORS** Erin | Rooftop	**TRAIN360 OUTDOORS** Taylor | Rooftop			
4 - 4:45 pm 45 minutes	**YOGA FOR STRESS RELIEF** Ashley | Serenity						
4:30 -5:15 pm 45 minutes						**ZUMBA GOLD** Amiah | Tempo	
4:45 - 5:30 pm 45 minutes			**CARDIO360** Anika | Halo		**CARDIO360** Maya | Halo	**YOGA FOR STRESS RELIEF** Josie | Serenity	
4:45 - 5:45 pm 60 minutes		**GROUP STRENGTH** Morgyn | Tempo	**ZUMBA** Carmen | Tempo	**GROUP STRENGTH** Morgyn | Tempo			
5 - 5:45 pm 45 minutes		**RHYTHM INTERVALS** Maddie B. | Cadence	**CYCLING** Maddie F. | Cadence	**CYCLING** Ava F. | Cadence	**RHYTHM RIDE** Sophia | Cadence		
5:15 - 6 pm 45 minutes		**YOGA** Kira | Serenity		**YOGA STRENGTH** Helen | Serenity	**POWERFLOW** Katie S. | Serenity		
6 - 6:45 pm 45 minutes			**SHALLOW WATER** Quinn | Pool		**SHALLOW WATER** Norah | Pool		

Class Details

Purchase your Group Fitness Pass at services.recwell.wisc.edu. Bring your Wiscard or Rec Well Membership Card to class.
Arrive 10 minutes early to allow for check-in and set up. No late entry or exit/re-entry permitted
All classes are drop-in (first come, first served).
Visit recwell.wisc.edu/groupfitness to learn about all of our group fitness policies.

Enjoy free classes during the first week of the semester, September 2-8, and Finals Week, December 10-17. Must be a UW-Madison student or Rec Well member to participate. A Finals Week schedule will be posted in December.

CLASS CANCELATIONS: Sunday 4pm Yoga for Stress Relief on October 11 | All classes November 25 - 29.

TRAIN360 OUTDOORS: May be relocated to Halo at instructor's discretion based on outdoor conditions

FREE!
LATE NIGHT AQUA ZUMBA | Cove Pool | 9 - 9:45pm, September 2, October 7, November 4, December 2, December 11
Sponsored by Ian's Pizza
Free Ian's slice card while supplies last!

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Schedule subject to change.