GROUP FITNESS

FALL 2026 | September 2 – December 9

Nicholas Recreation Center

Class Key

CLASS FORMAT
Instructor | Room

MIND-BODY

HIGH INTENSITY INTERVALS

CARDIO

STRENGTH

Time duration	**Sunday**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
7:15 - 8 am 45 minutes		**POWERFLOW** Ali | Momentum	**YOGA STRENGTH** Abby | Momentum	**POWERFLOW** Ellie | Momentum	**YOGA** Josie | Momentum	**YOGA FOR STRESS RELIEF** Helen | Momentum	
7:30 - 8:15 am 45 minutes		**GROUP STRENGTH** Rylee | Elevation	**HIIT** Elle | Elevation	**GROUP STRENGTH** Sophie | Elevation	**HIIT** Adi | Elevation	**GROUP STRENGTH** Jaidyn | Elevation	
7:30 - 8:15 am 45 minutes		**RHYTHM RIDE** Brooklyn | Revolution	**CYCLING** Ashlyn | Revolution	**RHYTHM RIDE** Morgyn | Revolution	**CYCLING** Brooklyn | Revolution	**RHYTHM RIDE** Milla | Revolution	
7:30 - 8:15 am 45 min		**TRAIN360** Maia | Spark		**TRAIN360** Erin | Spark			
8:15 - 8:45 am 30 minutes		**MAT PILATES** Ali | Momentum		**MAT PILATES** Ellie | Momentum		**MAT PILATES** Helen | Momentum	
8:30 -9:15 am 45 minutes		**RHYTHM RIDE** Avery | Revolution	**RHYTHM RIDE** Maddie B. | Revolution	**CYCLING** Sophia | Revolution	**RHYTHM INTERVALS** Maddie F. | Revolution		
9:30 - 10:15 am 45 minutes							**POWERFLOW** Ellie | Elevation
10 - 10:45 am 45 minutes							**RHYTHM RIDE** Sophia | Revolution
12:05 - 12:50 pm 45 minutes		**ZUMBA GOLD** Amiah | Elevation		**YOGA** Katie S. | Momentum		**CYCLING** Mabel | Revolution	
12:15 - 12:45 pm 30 minutes						**MAT PILATES** Ashley | Momentum	
4 - 4:30 pm 30 minutes	**MAT PILATES** Mali | Momentum						
4 - 4:45 pm 45 minutes		**POWERFLOW** Natalie | Momentum	**YOGA FOR STRESS RELIEF** Katie A. | Momentum	**POWERFLOW** Farrah | Momentum	**YOGA FOR STRESS RELIEF** Ali | Momentum		
4 - 5 pm 60 minutes						**ZUMBA** Raquel | Elevation	
4:15 - 4:45 pm 30 minutes		**GLUTE STRONG** Elle | Elevation	**HARDCORE** Claudia | Elevation	**GLUTE STRONG** Jaidyn | Elevation	**HARDCORE** Brooke | Elevation	**MAT PILATES** Amelia | Momentum	
4:15 - 5 pm 45 minutes		**BARRE** Jaidyn | Balance	**BARRE** Morgyn | Balance	**ZUMBA** Carmen | Balance	**BARRE** Sophie | Balance		
4:30 - 5:15 pm 45 minutes	**RHYTHM INTERVALS** Audrey | Revolution	**RHYTHM RIDE** Maddie F. | Revolution	**CYCLING** Brooklyn | Revolution	**RHYTHM RIDE** Raquel | Revolution	**CYCLING** Maddie B. | Revolution	**RHYTHM RIDE** Ashlyn | Revolution	
4:30 - 5:15 pm 45 minutes						**STRIKE360** Maia | Spark	
4:30 - 5:30 pm 60 minutes	**ZUMBA** Raquel | Elevation						
4:45 - 5:45 pm 60 minutes	**YOGA** Mali | Momentum						
5 - 5:30 pm 30 minutes		**MAT PILATES** Natalie | Momentum	**MAT PILATES** Raquel | Momentum	**MAT PILATES** Farrah | Momentum	**MAT PILATES** Abby | Momentum		
5 - 5:45 pm 45 minutes			**TRAIN360** Michael | Spark		**TRAIN360** Erin | Spark		
5 - 6 pm 60 minutes	**SUP FITNESS** Ellys | Pool	**HIIT** Raquel | Elevation	**GROUP STRENGTH** Claudia | Elevation	**HIIT** Rylee | Elevation	**GROUP STRENGTH** Rylee | Elevation	**YOGA** Katie A. | Momentum	
5:15 - 6 pm 45 minutes		**BARRE** Elle | Balance	**TABATA STRONG** Morgyn | Balance	**BARRE** Brooke | Balance	**TABATA STRONG** Brooke | Balance		
5:15 - 6 pm 45 minutes		**STRIKE360** Anika | Spark		**STRIKE360** Michael | Spark			
5:15 - 6:15 pm 60 minutes			**SUP FITNESS** Maren | Pool		**SUP FITNESS** Elena | Pool	**GROUP STRENGTH** Raquel | Elevation	
5:30 - 6:15 pm 45 minutes	**RHYTHM RIDE** Milla | Revolution	**CYCLING** Milla | Revolution	**RHYTHM RIDE** Mabel | Revolution	**CYCLING** Avery | Revolution	**RHYTHM RIDE** Ava F. | Revolution	**RHYTHM RIDE** Ava F. | Revolution	
5:45 - 6:30 pm 45 minutes			**POWERFLOW** Kira | Momentum		**POWERFLOW** Abby | Momentum		
5:45 - 6:45 pm 60 minutes		**YOGA STRENGTH** Mali | Momentum		**YOGA STRENGTH** Gabi | Momentum			
6 - 6:45 pm 45 minutes		**AQUA ZUMBA** Quinn | Pool		**SHALLOW WATER** Ellys | Pool			
6:15 - 7 pm 45 minutes			**BARRE** Adi | Balance		**BARRE** Claudia | Balance		
6:15 - 7 pm 45 minutes					**YOGA** Natalie | Elevation		
6:15 - 7:15 pm 60 minutes		**POWERFLOW** Raquel | Elevation	**ZUMBA** Raquel | Elevation	**POWERFLOW** Katie W. | Elevation			
6:30 - 7:15 pm 45 minutes		**RHYTHM RIDE** Ava B. | Revolution	**CYCLING INTERVALS** Ava B. | Revolution	**RHYTHM RIDE** Audrey | Revolution	**CYCLING** Ashlyn | Revolution		
7 - 7:45 pm 45 minutes			**DEEP WATER** Norah | Pool		**DEEP WATER** Elena | Pool		
7:15 - 8 pm 45 minutes			**STRIKE360** Bryanna | Spark				
7:30 - 8:15 pm 45 minutes			**YOGA** Katie W. | Elevation				
7:30 - 8:30 pm 60 minutes		**GROUP STRENGTH** Sophie | Elevation		**GROUP STRENGTH** Adi | Elevation			

Class Details:

Purchase your Group Fitness Pass at services.recwell.wisc.edu. Please bring your Wiscard or Rec Well Membership Card to class.
arrive 10 minutes early to class 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: All classes November 25 - 29.

Schedule subject to change.