SPRING 2016 GROUP FITNESS SCHEDULE.
Purchase your Group Fitness membership online or at Member Services today!
Bring your Wiscard or Rec Sports membership card for entry to all Group Fitness classes. Drop-in rate: $5

**Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday**
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10:15 am (60 min.) | | | | | | POWERFLOW Matilin. Gym 2
4:15 pm (30 min.) | GROUP STRENGTH HardCORE Amanda. Gym 2 | GROUP STRENGTH HardCORE Catrina. Gym 2 |
5:00 pm (60 min.) | DEEP WATER Deep Water Tracy. Diving Well | DEEP WATER Maddie S. Diving Well | | | Going to Cycling? Pick up a bike ticket from Member Services up to 30 minutes before class begins.
5:15 pm (60 min.) | CYCLING Kelly. Cycle Studio | CYCLING Ali. Cycle Studio | CYCLING Kate L. Cycle Studio | CYCLING Nate. Cycle Studio | 
6:00 pm (60 min.) | POWERFLOW Cole. Room 1065 | | | POWERFLOW Cole. Room 1065 | 
6:15 pm (60 min.) | ZUMBA Megan W. Gym 2 | ZUMBA Tracy. Gym 2 | | | Schedule subject to change.

Class Descriptions.

**Deep Water:** A refreshing non-impact alternative to land cardiovascular workouts. Class offers cardio and muscular conditioning by using the natural resistance of the water. Buoyancy belts and props are used to add variety to the workout. Explore new depths of fitness!

**Group Strength:** A muscular-conditioning workout that uses free-weights and other fitness equipment. Instructors lead you through traditional and non-traditional exercises to improve your muscular strength and fitness level. Train smart. Feel strong.

**HardCORE:** Yes you can get rock-hard abs! In 30 minutes, challenge your core (abs and back) like never before! Not just any core, hardCORE!

**HIIT (High Intensity Interval Training):** This workout integrates intervals of high intensity cardiovascular work with muscular conditioning utilizing a weighted bar and other equipment. Get ready to HIIT a new level of fitness!

**Powerflow:** A combination of Yoga and Pilates with a fitness twist. Build total body muscular strength, improve balance and increase flexibility. Challenge your mind and body!

**Cycling:** Spin your way to fitness with a challenging music-driven cycle ride.

**Yoga:** Ease your mind while improving flexibility, strength and body awareness. Incorporates a variety of methods like Ashtanga and Hatha Yoga.

**Zumba:** A Latin-based workout that integrates dance and exercise while moving to international beats! Come feel the music, join the fun and forget you are working out! No dance experience required.

Tryouts for Floor and Mind-Body instructors are held in Fall. Tryouts for Group Cycle instructors are held in Spring. No teaching experience necessary. We will train you.

* Spring break: No classes after 1pm on Friday March 18 through Sunday March 27.
Stress Relief Week is May 8 - 13. All classes will be FREE for all Rec Sports members. Bring your Wiscard to class. Schedules will be posted in May.