# Spring 2017 Group Fitness Schedule

**Purchase your Group Fitness Pass 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**

**SERF.**

**January 17 – May 6**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
</table>
| **7:00 am**
(45 min.) | GROUP STRENGTH
Nadia. Studio | POWERFLOW
Tessa. Studio | GROUP STRENGTH
Maddie B. Studio | POWERFLOW
Anna. Studio | GROUP STRENGTH
Rachel S. Studio |
| CYCLING
Maddie N. Cycle Studio | CYCLING
Brittany. Cycle Studio | CYCLING
Kate M. Cycle Studio | CYCLING
Jacquelyn. Cycle Studio | CYCLING
Kate M. Cycle Studio |
| **8:00 am**
(45 min.) | POWERFLOW
Rachel St. Studio | ZUMBA
Summer. Studio | POWERFLOW
Megan. Studio | HIIT
Natasha. Studio | POWERFLOW
Eva. Studio |
| CYCLING
Jacquelyn. Cycle Studio | CYCLING
Niki K. Cycle Studio | CYCLING
Anna N. Cycle Studio | CYCLING
Wadea M. Cycle Studio |
| **10:15 am**
(30 min.) | | | | | | TABATA ✩ Rotation. Studio |
| **11:00 am**
(45 min.) | | | | | | GROUP STRENGTH ✩ Rotation. Studio |
| **11:15 am**
(30 min.) | Core
Hope. Studio | Core
Carly C. Studio | Core
Maddie H. Studio | Core
Carly. Studio | TABATA
Summer. Studio |
| **12:05 pm**
(45 min.) | | | | | | CYCLING ✩ Rotation. Cycle Studio |
| **3:00 pm**
(30 min.) | | | | | | Core
Maddie B. Studio |
| **3:15 pm**
(45 min.) | | | | | | ZUMBA
Raquel. Studio |
| **3:45 pm**
(60 min.) | | | | | | ZUMBA
Raquel. Studio |
| **4:00 pm**
(60 min.) | CYCLING PLUS (75 min.)
Rob. Cycle Studio | CYCLING
Joelle. Cycle Studio | CYCLING
Brittany. Cycle Studio | CYCLING
Annie. Cycle Studio | CYCLING
Maddie N. Cycle Studio |
| **4:15 pm**
(30 min.) | POUND
Lori. Studio | Core
Deb. Studio | POUND
Lori. Studio | Core
Maddie H. Studio |
| **5:00 pm**
(60 min.) | HIIT
Alex. Gym 4 | CARDIO INTERVAL
Connor. Gym 4 | HIIT
Alex. Gym 4 | CARDIO INTERVAL
Maggie 5 / Alex S. Gym 4 |
| **5:15 pm**
(60 min.) | GROUP STRENGTH
Alex. Studio | GROUP STRENGTH
Alexa. Studio | GROUP STRENGTH
Deb. Studio | GROUP STRENGTH
Summer. Studio | GROUP STRENGTH
Raquel. Studio |
| **5:30 pm**
(60 min.) | CYCLING
Ali. Cycle Studio | CYCLING
Rob. Cycle Studio | CYCLING
Kelly. Cycle Studio | CYCLING
Niki. Cycle Studio | CYCLING
Anna N. Cycle Studio |
| **6:15 pm**
(60 min.) | YOGA PLUS (75 min.)
Kylie. Studio | POWERFLOW
Raquel. Gym 4 | TABATA PLUS
Tessa Gym 4 | POWERFLOW
Deb. Gym 4 | TABATA PLUS
Deb. Gym 4 |
| **6:30 pm**
(60 min.) | KICKBOXING
Alex. Studio | ZUMBA
Raquel. Studio | KICKBOXING
Rachel S. Studio | ZUMBA
Nadia. Studio |
| **7:00 pm**
(60 min.) | GROUP STRENGTH
Bri. Studio | GROUP STRENGTH
Kylie. Studio | GROUP STRENGTH
Hope. Studio | POWERFLOW
Eva. Studio |
| **8:00 pm**
(60 min.) | | | | | | CinemaSpin
Rotation. Cycle Studio |
| **9:00 pm**
(60 min.) | | | | | | Late Night Yoga
Sarah. Studio |

**Rotation.**

- **March 11:** Classes canceled due special events
- **Spring Break:** Classes canceled after 1pm on Friday March 17 through Sunday March 26. A special Spring Break schedule will be posted in March.
- **Easter:** Classes canceled after 1pm on Friday April 14 through Sunday April 16.
- **Stress Relief Week is May 7–12.** All classes will be FREE for all Rec Sports members. Bring your Wiscard to class. Schedules will be posted in May.

**FOLLOW THE ACTION.**

- [recsports.wisc.edu](http://recsports.wisc.edu)
- [uwrecsports](http://uwrecsports)

**ATHLETIC SHOES ARE REQUIRED FOR ALL CLASSES!**

- Powerflow / Yoga
- Cycling / CinemaSpin
- Deep Water.
- Strength / Cardio
- Core / Strength
- High Intensity Intervals
- Boxing / Cardio / Zumba
- Powerflow / Yoga
- Cycling / CinemaSpin

**SCHEDULE SUBJECT TO CHANGE.**

**Classes Canceled after 1pm on Friday March 17 through Sunday March 26. A special Spring Break schedule will be posted in March.**

**Classes Canceled due to special events.**

**Stress Relief Week is May 7–12. All classes are FREE for all Rec Sports members. Bring your Wiscard to class. Schedules will be posted in May.**
GROUP FITNESS CLASS DESCRIPTIONS
Over 100 classes for all fitness levels offered weekly at the SERF and Natatorium.

Boxing / Cardio / Zumba.

**Kickboxing:** An intense non-contact workout. Kick and punch your way to a stronger body while challenging your aerobic and muscular fitness. Fun and easy to learn!

**Cardio Interval:** Incorporates creative cardio movement combinations and high energy intervals to get your feet moving and your heart pumping. Finish class with a muscular conditioning segment for a total body workout. Get ready to MOVE!

**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. Zumba Plus is 75 minutes.

Core / Strength.

**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 just 30 minutes, challenge your core (abs and back) like never before! Not just any core, hardCORE!

**POUND:** An exercise jam session inspired by drumming. Rock-out with a workout that will make you Sweat, Sculpt and Rock!

High Intensity Intervals.

**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!

**Tabata:** A high intensity interval workout of tabatas (exercises performed for 8 rounds of 20 seconds of intense work and 10 seconds of rest). Tabatas are followed by active recovery. Get in, get fit, get out! Tabata Plus is 60 minutes.

Powerflow / Yoga.

**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!

**Yoga:** Ease your mind while improving flexibility, strength and body awareness. Incorporates a variety of methods like Ashtanga and Hatha Yoga. Yoga Plus is 75 minutes.

Group Cycling.

**Cycling:** Spin your way to fitness with a challenging music-driven cycle ride. Cycling Plus is 75 minutes.

**CinemaSpin:** Experience big-screen entertainment! Watch blockbuster movies while your instructor takes you on a motivating ride!


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

FOLLOW THE ACTION. recsports.wisc.edu uwrecsports