

SPRING BREAK GROUP FITNESS SCHEDULE.

All classes FREE! Bring your Wiscard or Rec Sports membership card to class

SERF.
March 20
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March 23

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:05 pm (45 min.)		POWERFLOW Kalie. Gym 4	POUND Lori. Gym 4	HIIT Lori. Gym 4	POWERFLOW Sarah. Gym 4		
12:05 pm (45 min.)		CYCLING Brittany. Cycle Studio		CYCLING Brittany. Cycle Studio			

Athletic shoes are required for all classes except Powerflow, Yoga, and Deep Water.

Box / Cardio / Zumba
 Core / Strength
 High Intensity Intervals
 Powerflow / Yoga
 Cycling
 Water

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

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!

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

Powerflow: A combination of Yoga and Pilates with a fitness twist. Build total body muscular strength, improve balance and increase flexibility. A workout from the inside out! Although fitness mats are provided, you are encouraged to bring your own yoga mat.

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