

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

NATATORIUM.

January 17

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May 6*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 am (60 min.)							POWERFLOW † Anna. Gym 2
12:05 pm (45 min.)		YOGA Cole. Gym 2	POWERFLOW Ian. Gym 2	HIIT Maggie. Gym 2	GROUP STRENGTH Lily. Gym 2	POWERFLOW † Megan. Gym 2	
4:15 pm (30 min.)		HardCORE Rylee. Gym 2		HardCORE Lily L. Gym 2			
5:00 pm (60 min.)		GROUP STRENGTH Rylee. Gym 2	HIIT Lily L. Gym 2	GROUP STRENGTH Bridget. Gym 2	HIIT Rylee. Gym 2	YOGA † Sarah. Gym 2	
		DEEP WATER Maggie. Diving Well		DEEP WATER Tracy. Diving Well		<p>Going to Cycling? Pick up a bike ticket from Member Services up to 30 minutes before class begins.</p> <p>Athletic shoes are required for all classes except Powerflow, Yoga and Deep Water.</p> <p>Schedule subject to change.</p>	
5:15 pm (60 min.)		CYCLING Kate I. Cycle Studio	CYCLING Ciara. Cycle Studio	CYCLING Emily. Cycle Studio	CYCLING Joelle. Cycle Studio		
6:00 pm (60 min.)			POWERFLOW Kalie. Room 1065		POWERFLOW Cole. Room 1065		
6:15 pm (60 min.)		ZUMBA Maggie. Gym 2		ZUMBA Maddie H. Gym 2			

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

† Feb 24 & 25: Classes held in Room 1065

* 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.

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.

Join our team. Be a leader. Inspire others. Work out. Get paid.

Tryouts for Cycling, Floor and Mind-Body instructors are held in Fall.

No teaching experience necessary. We will train you.

FOLLOW THE ACTION.



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RecSports
UNIVERSITY OF WISCONSIN - MADISON
PLAY HARD. GET FIT. LIVE WELL.