

# 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\*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00 am</b> (45 min.)		<b>GROUP STRENGTH</b> Nadia. Studio	<b>POWERFLOW</b> Tessa. Studio	<b>GROUP STRENGTH</b> Maddie B. Studio	<b>POWERFLOW</b> Anna. Studio	<b>GROUP STRENGTH</b> Rachel S. Studio	
		<b>CYCLING</b> Maddie N. Cycle Studio	<b>CYCLING</b> Brittany. Cycle Studio	<b>CYCLING</b> Kate M. Cycle Studio	<b>CYCLING</b> Jacquelyn. Cycle Studio	<b>CYCLING</b> Kate M. Cycle Studio	
<b>8:00 am</b> (45 min.)		<b>POWERFLOW</b> Rachel St. Studio	<b>ZUMBA</b> Summer. Studio	<b>POWERFLOW</b> Megan. Studio	<b>HIIT</b> Natalie. Studio	<b>POWERFLOW</b> Eva. Studio	
		<b>CYCLING</b> Jacquelyn. Cycle Studio	<b>CYCLING</b> Niki K. Cycle Studio	<b>CYCLING</b> Anna N. Cycle Studio	<b>CYCLING</b> Wadea M. Cycle Studio		
<b>10:15 am</b> (30 min.)							<b>TABATA †</b> Rotation. Studio
<b>11:00 am</b> (45 min.)							<b>GROUP STRENGTH †</b> Rotation. Studio
							<b>CYCLING †</b> Rotation. Cycle Studio
<b>11:15 am</b> (30 min.)		<b>HardCORE</b> Hope. Studio	<b>HardCORE</b> Carly C. Studio	<b>HardCORE</b> Maddie H. Studio	<b>HardCORE</b> Carly. Studio	<b>TABATA</b> Summer. Studio	
<b>12:05 pm</b> (45 min.)		<b>ZUMBA</b> Hope. Studio	<b>GROUP STRENGTH</b> Carly C. Studio	<b>POWERFLOW</b> Anna. Studio	<b>POUND</b> Lori. Studio	<b>POWERFLOW</b> Maya. Studio	
		<b>CYCLING</b> Annie. Cycle Studio		<b>CYCLING</b> Kate I. Cycle Studio		<b>CYCLING</b> Ciara. Cycle Studio	
<b>3:00 pm</b> (30 min.)						<b>HardCORE</b> Maddy B. Studio	
<b>3:30 pm</b> (30 min.)		<b>HardCORE</b> Natalie. Studio	<b>TABATA</b> Deb. Studio	<b>HardCORE</b> Raquel S. Studio	<b>TABATA</b> Maddie H. Studio		
<b>3:45 pm</b> (60 min.)						<b>ZUMBA</b> Raquel. Studio	
<b>4:00 pm</b> (60 min.)	<b>ZUMBA PLUS (75 min.)</b> Raquel. Studio						
	<b>CYCLING PLUS (75 min.)</b> Rob. Cycle Studio	<b>CYCLING</b> Emily. Cycle Studio	<b>CYCLING</b> Joelle. Cycle Studio	<b>CYCLING</b> Brittany. Cycle Studio	<b>CYCLING</b> Annie. Cycle Studio	<b>CYCLING</b> Maddie N. Cycle Studio	
<b>4:15 pm</b> (30 min.)		<b>POUND</b> Lori. Studio	<b>HardCORE</b> Deb. Studio	<b>POUND</b> Lori. Studio	<b>HardCORE</b> Maddie H. Studio		
<b>5:00 pm</b> (60 min.)		<b>HIIT</b> Alyssa. Gym 4	<b>CARDIO INTERVAL</b> Connor. Gym 4	<b>HIIT</b> Alex. Gym 4	<b>CARDIO INTERVAL</b> Maggie S / Alex S. Gym 4		
		<b>GROUP STRENGTH</b> Alex. Studio	<b>GROUP STRENGTH</b> Alyssa. Studio	<b>GROUP STRENGTH</b> Deb. Studio	<b>GROUP STRENGTH</b> Summer. Studio	<b>GROUP STRENGTH</b> Raquel. Studio	
<b>5:15 pm</b> (60 min.)		<b>CYCLING</b> Ali. Cycle Studio	<b>CYCLING</b> Rob. Cycle Studio	<b>CYCLING</b> Kelly. Cycle Studio	<b>CYCLING</b> Niki. Cycle Studio	<b>CYCLING</b> Anna N. Cycle Studio	
<b>5:30 pm</b> (60 min.)	<b>YOGA PLUS (75 min.)</b> Kylie. Studio						
	<b>CYCLING</b> Wadea. Cycle Studio						
<b>6:15 pm</b> (60 min.)		<b>POWERFLOW</b> Raquel. Gym 4	<b>TABATA PLUS</b> Rachel S. Gym 4	<b>POWERFLOW</b> Tessa Gym 4	<b>TABATA PLUS</b> Deb. Gym 4		
		<b>KICKBOXING</b> Alex. Studio	<b>ZUMBA</b> Raquel. Studio	<b>KICKBOXING</b> Rachel S. Studio	<b>ZUMBA</b> Nadia. Studio		
<b>6:30 pm</b> (60 min.)			<b>CYCLING</b> Alex. Cycle Studio		<b>CYCLING</b> Kelly. Cycle Studio		
<b>7:30 pm</b> (60 min.)		<b>GROUP STRENGTH</b> Bri. Studio	<b>POWERFLOW</b> Kylie. Studio	<b>GROUP STRENGTH</b> Hope. Studio	<b>POWERFLOW</b> Eva. Studio		
<b>8:00 pm</b> (60 min.)					<b>CinemaSpin</b> Rotation. Cycle Studio		
<b>9:00 pm</b> (60 min.)					<b>LATE NIGHT YOGA</b> Sarah. Studio		

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

**Going to Cycling or CinemaSpin?** Pick up a bike ticket from Member Services up to 30 minutes before class begins.

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

Schedule subject to change.

† **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.



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**Rec Sports**  
UNIVERSITY OF WISCONSIN-MADISON  
PLAY HARD. GET FIT. LIVE WELL.

# GROUP FITNESS CLASS DESCRIPTIONS.

Over 100 classes for all fitness levels offered weekly at the SERF and Natatorium.

# SERF

## 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!

**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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