

SUMMER 2017 GROUP FITNESS SCHEDULE.

Purchase your Group Fitness membership online or at Member Services.

Bring your Wiscard or Rec Sports membership card for entry to all Group Fitness classes. Drop-in rate: \$5

NATATORIUM.

May 22

– August 11*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:05 pm (45 min.)		GROUP STRENGTH Maggie. Gym 2	POWERFLOW Cole. Gym 2	GROUP STRENGTH Rylee. Gym 2	POWERFLOW Paulina. Gym 2		
5:00 pm (60 min.)		DEEP WATER Maddie. Diving Well					
5:15 pm (60 min.)		YOGA Cole. Gym 2	GROUP STRENGTH Lily. Gym 2	POWERFLOW Paulina. Gym 2			

Core / Strength
 Powerflow / Yoga
 Water

* **Memorial and Independence Day:** No classes May 29 or July 3-4.

Schedule subject to change

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

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 muscle strength and fitness level. Experience it once and you're hooked!

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.

More class formats offered in Fall and Spring! Check our website for class descriptions.

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

No teaching experience necessary. We will train you.

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

recsports.wisc.edu



/uwrecsports



@uwrecsports



@uwrecsports



/uwrecsports

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