

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

SERF.

May 15

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August 11*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am (45 min.) <small>(offered 6/19 – 8/11)</small>		GROUP STRENGTH Dani. Studio	POWERFLOW Kylie. Studio	GROUP STRENGTH Dani. Studio	POWERFLOW Daanika. Studio		
		CYCLING Ciara. Cycle Studio	CYCLING Brittany. Cycle Studio	CYCLING Cindy. Cycle Studio	CYCLING Jacquelyn. Cycle Studio		
11:15 am (30 min.)		HardCORE Raquel. Studio		HardCORE Maddie. Studio		HardCORE Rylee. Studio	
12:05 pm (45 min.)		POWERFLOW Maya. Studio	GROUP STRENGTH Maddie. Studio	POWERFLOW Daanika. Studio	POUND Lori. Studio	GROUP STRENGTH Rylee. Studio	
4:30 pm (60 min.)		HIIT Alex. Studio		HIIT Deb. Studio			
4:45 pm (45 min.)			POUND Lori. Studio		POUND Maggie. Studio		
5:45 pm (60 min.)		CYCLING Alex. Cycle Studio	CYCLING Anna. Cycle Studio	CYCLING Emily. Cycle Studio	CYCLING Jacquelyn. Cycle Studio	Going to Cycling? Pick up a class ticket from Member Services up to 30 minutes before class begins. Athletic shoes required for all classes except Powerflow, Yoga and Deep Water.	
		ZUMBA Raquel. Studio	GROUP STRENGTH Deb. Studio	ZUMBA Raquel. Studio	GROUP STRENGTH Deb. Studio		
7:00 pm (60 min.) <small>(45 min. 5/15 - 6/16)</small>		GROUP STRENGTH Raquel. Studio	POWERFLOW Raquel. Studio	GROUP STRENGTH Alex. Studio	YOGA Eva. Studio		

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

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

Class Descriptions.

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

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!

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!

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. A workout from the inside out! Although fitness mats are provided, you are encouraged to bring your own yoga mat.

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!

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.

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.

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UNIVERSITY OF WISCONSIN-MADISON

 PLAY HARD. GET FIT. LIVE WELL.