

SUMMER 2019 GROUP FITNESS SCHEDULE.

Purchase your Group Fitness Pass 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 20 - August 16*
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 am (45 min.)		GROUP STRENGTH Clara. Gym 2	RHYTHM RIDE Alex. Cycle Studio	GROUP STRENGTH Lauren. Gym 2	CYCLING Nina. Cycle Studio		
12:05 pm (45 min.)		POWERFLOW Konnor. Gym 2	GROUP STRENGTH Nina R. Gym 2	YOGA Paulina. Gym 2	GROUP STRENGTH Natalie S. Gym 2	GROUP STRENGTH Dani. Gym 2	
5:00 pm (60 min.)		ZUMBA Raquel. Gym 2	GROUP STRENGTH Deb. Gym 2	ZUMBA Emily. Gym 2	GROUP STRENGTH Deb. Gym 2	Cycling: Reserve a spot online at services.recsports.wisc.edu up to 48 hours in advance. Bring your Wiscard to class and arrive 5 minutes early to ensure your spot. No shows are subject to a penalty. Visit our website for all policies.	
5:15 pm (45 min.)		CYCLING Bri. Cycle Studio	DEEP WATER Johnny. Diving Well	RHYTHM RIDE Mariah. Cycle Studio	DEEP WATER Jillian. Diving Well		
6:15 pm (60 min.)		GROUP STRENGTH Alex. Gym 2	POWERFLOW Raquel. Gym 2	GROUP STRENGTH Raquel. Gym 2	POWERFLOW Cole. Gym 2	Athletic shoes are required for all classes except Powerflow, Yoga, and Deep Water.	

Due to the lack of air conditioning in our teaching areas, the instructor may modify, shorten, or cancel classes for safety purposes. Schedule subject to change.

***Memorial Day and Independence Day:** No classes May 27. No classes after 6pm on July 3 and July 4.

Outdoor Fitness with Outdoor UW							May 28 - August 16†
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 am (45 min.)		SUNRISE YOGA Angel. Allen Gardens	BOOTCAMP Borna. Allen Gardens	SUNRISE YOGA Angel. Allen Gardens	BOOTCAMP Lauren. Allen Gardens		
7:00 am (60 min.)			TERRACE YOGA † UW Terrace	TERRACE YOGA † UW Terrace	TERRACE YOGA † UW Terrace	TERRACE YOGA † UW Terrace	
7:15 am (75 min.)	SUP YOGA † UW Terrace				SUP YOGA † UW Terrace		SUP YOGA † UW Terrace
8:45 am (75 min.)	SUP YOGA † UW Terrace						SUP YOGA † UW Terrace
9:00 am (60 min.)	TERRACE YOGA † UW Terrace						TERRACE YOGA † UW Terrace
12:15 pm (45 min.)			YOGA † Alumni Park		Registration is required for all outdoor fitness classes. Visit outdoor-uw.clubmanager.me to register and learn policies. Please bring a yoga mat to all yoga classes except SUP Yoga. Arrive at least 5 minutes early to check in. No shows are subject to a penalty.		
7:00 pm (45 min.)		SUNSET YOGA Cole. Allen Gardens		SUNSET YOGA Olivia. Allen Gardens			

About Outdoor Fitness: We are excited to team up with Outdoor UW this summer to offer outdoor yoga and fitness classes at the Allen Centennial Gardens, Memorial Union Terrace, and Alumni Park. Access to all outdoor fitness options are included in your Group Fitness Pass. Members with a Group Fitness Pass will receive an email with a promo code to use when registering for classes at outdoor-uw.clubmanager.me.

Bootcamp, Sunrise Yoga, and Sunset Yoga classes are held at the **Allen Centennial Gardens**, 620 Babcock Drive. Terrace and SUP (stand-up paddleboard) Yoga are held at the **Memorial Union Terrace**. SUP yoga requires an additional fee. **Alumni Park** is located at 724 Langdon St.

† Classes run **June 1- September 30**.
‡ **Memorial Day and Independence Day:** No classes May 27. No classes after 6pm on July 3 through July 4. Schedule subject to change.



Cardio / Zumba



Core / Strength



Powerflow / Yoga



Cycling



Water

FOLLOW THE ACTION.



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