

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

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May 6*

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

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