

# GROUP fitness

SPRING 2017

MINNEAPOLIS  
Recreation & Wellness Center  
Jan 17 - May 5 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	<b>HIIT</b> Marin > MP 3/4 <b>Power Yoga</b> Sarah S > MP 6 <b>Cycle Fit</b> Britta > Studio	<b>Yoga Flow</b> Sammy > Beacon Rm <b>Bootcamp</b> Fernie > MP 3/4 <b>Cycle Express</b> Cara > Studio	<b>Yoga Flow</b> Sarah S > MP 6 <b>Yoga Sculpt</b> Lisa > MP 3/4	<b>Power Yoga</b> Jay > MP 6 <b>HIIT</b> Fernie > MP 3/4 <b>Cycle Fit</b> Britta > Studio	<b>Yoga Flow</b> Sammy > MP 6 <b>Bootcamp</b> Cheyenne > MP 3/4		
9:30am				<b>Yoga Sculpt</b> Chloe > MP 3/4		<b>Yoga Flow</b> Sarah > Beacon Rm	
10:00am	<b>TRX</b> Sam > MP 3/4		<b>Total Body Strength</b> Erin > MP 3/4				
11:00am					<b>Cardio Kickboxing</b> Kia > MP 1/2	<b>HIIT Express</b> Kaylie > MP 3/4	
12:00pm	<b>Yoga Sculpt</b> Bonnie > MP 3/4 <b>Cycle Express</b> Sam > Studio	<b>Zumba</b> Deanne > MP 1/2 <b>HIIT</b> Sarah G > MP 3/4 <b>Power Yoga</b> Anna B > MP 6	<b>Yoga Flow</b> Katie > MP 6 <b>Step Express</b> Leon > MP 3/4 <b>Cycle Express</b> Ben > Studio	<b>Power Yoga</b> Sarah > MP 6 <b>Zumba</b> Deanne > MP 1/2 <b>TRX Express</b> Colleen > MP 3/4	<b>Shockwave</b> Greg > MP 3/4 <b>Cycle Express</b> Leon > Studio	<b>HardCORE (30)</b> Kaylie > MP 3/4	<b>Power Yoga</b> Jay > Beacon Rm
1:15pm	<b>Cardio Kickboxing</b> Kia > MP 1/2 <b>Total Body Strength Express</b> Erin > MP 3/4	<b>Total Body Strength Express</b> Kia > MP 3/4	<b>Zumba</b> Evgenyia > MP 3/4		<b>Yoga Sculpt</b> Bonnie > MP 3/4		
4:00pm			<b>Yoga Sculpt</b> Chloe > MP 3/4		<b>Power Yoga</b> Anna > MP 6		
4:30pm	<b>Bootcamp</b> Kelley > MP 3/4	<b>HIIT</b> Kelley > MP 3/4 <b>Power Yoga</b> Bridget > MP 6	<b>Belly Dancing</b> Ariel > MP 6		<b>HIIT Express</b> Rachel > MP 3/4		<b>HIIT Express</b> Julia L > MP 3/4
4:45pm		<b>Cardio Kickboxing</b> Hannah > MP 1/2		<b>Cardio Kickboxing</b> Marin > MP 1/2	<b>Zumba</b> Julia P > Beacon Rm		
5:00pm				<b>HIIT Express</b> Courtney > MP 3/4			
5:30pm	<b>Cycle Fit</b> Hannah > Studio <b>Aqua Zumba</b> Nicole > Cooke 10	<b>Cycle Express</b> Britta > Studio <b>Aqua Strength</b> Courtney > Cooke 10	<b>Cardio Kickboxing</b> Natalie > MP 3/4 <b>Cycle Fit</b> Bri > Studio <b>Aqua Zumba</b> Nicole > Cooke 10	<b>Cycle</b> Rabia > Studio <b>Aqua Strength</b> Kaylie > Cooke 10			<b>Yoga Sculpt</b> Melvin > MP 3/4
5:45pm	<b>HIIT</b> Rachel > MP 3/4 <b>Pilates</b> Andy > MP 6	<b>Yoga Sculpt</b> Melvin > MP 3/4	<b>Pilates</b> Ariel > MP 6				
6:00pm		<b>Zumba</b> Nicole > Beacon Rm		<b>HardCORE (30)</b> Courtney > MP 3/4 <b>Zumba</b> Harika > Beacon Rm <b>Yoga Flow</b> Andy > MP 6			
7:00pm	<b>Hip Hop Jam</b> Kaia > Beacon Rm <b>HardCORE (30)</b> Rachel > MP 3/4	<b>Total Body Strength</b> Bri > MP 3/4	<b>Hip Hop Jam</b> Kaia > Beacon Rm <b>Power Yoga</b> Bridget > MP 6 <b>HIIT</b> Devyn > MP 3/4	<b>Yoga Sculpt</b> Cara > MP 3/4			<b>Yoga Flow</b> Melvin > MP 6

## Locations

Studio	Lower Level
MP1-MP4	2nd Floor
Beacon Room	2nd Floor
MP6-MP7	4th Floor
Cooke 10	North Pool
Cooke 308	3rd Floor

## We've made some changes...

Cycle Strength + Cycle Core → Cycle Fit

Visit [recwell.umn.edu/fitness](http://recwell.umn.edu/fitness) for more detailed class descriptions

- Classes are held on first come, first serve basis
- Schedule subject to change during University Holidays and Closures
- Consult a physician before starting any exercise program
- Please note that Express classes are 45 minutes