

— group FITNESS —

MINNEAPOLIS RECREATION AND WELLNESS | FALL 2018 SCHEDULE
SEPT. 4TH - DEC. 14TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45AM	HIIT Kenzie > MP 3/4 Yoga Flow Allison > MP 6	HIIT Fernando > MP 3/4 Power Yoga Sarah S > MP 6 Cycle Express Annika S > Studio	Bootcamp Express Kenzie > MP 3/4 Yoga Flow Lisa > MP 6	HIIT Kenzie > MP 3/4 Power Yoga Sarah S > MP 6 Cycle Strength Annika S > Studio	Body Pump Devyn > MP 3/4 Restorative Yoga Sarah S > MP 6		
8:00AM	Cycle Strength Bailey > Cycle Studio		Cycle Strength Bailey > Cycle Studio				
10:00AM		Mat Pilates Catherine > MP 6	Yoga Sculpt Sydney > MP 3/4	HIIT Express Catherine > MP 3/4			
11:00AM						HIIT Bailey > MP 3/4 Yoga Flow Ariel > Beacon Rm	
12:00PM	Yoga Flow Lisa > MP 6 TRX Kia > MP 3/4	Zumba Deanne > MP 1/2 HIIT Hannah > MP 3/4 Yoga Flow Katie S > MP 6	Body Pump Sarah > MP 3/4 Cycle Express Ben > Cycle Studio	Zumba Deanne > MP 1/2 Yoga Flow Ariel > MP 6	Zumba Evgeniya > MP 1/2 Shockwave Greg > MP 3/4		
12:15PM	Cardio Kickboxing Express Maddy W > MP 1/2			Body Pump Devyn > MP 3/4	Yoga Flow Maddy W > MP 6	Zumba Ariel > Beacon Rm	
1:15PM	Cycle Strength Sarah > Cycle Studio	Body Pump Kia > MP 3/4	Yoga Flow Ben > MP 6		Cycle Strength Sarah > Cycle Studio		
4:00PM				Yoga Sculpt Sydney > MP 3/4	Power Yoga Alexandra > MP 6		
4:30PM	HIIT Lauren > MP 3/4 Power Yoga Brooke > MP 6	Cardio Kickboxing Sarah G > MP 1/2 Power Yoga Alexandra > MP 6	Bootcamp Express Annika M > MP 3/4 Power Yoga Brooke > MP 6	Power Yoga Alexandra > MP 6	HIIT Express Jenna > MP 3/4		HIIT Express Julia L > MP 3/4
5:00PM	Zumba Mari > Beacon Rm		Cardio Kickboxing Express Maddy W > Beacon	Cycle Express Lauren > Cycle Studio			
5:30PM	Aqua Strength Rachel > Cooke 10	Body Pump Devyn > MP 3/4 Cycle Express Rachel > Studio	HIIT Express Rachel > MP 3/4 Aqua Strength Emma > Cooke 10	HIIT Express Hannah > MP 3/4			Yoga Sculpt Julia L > MP 3/4
6:00PM	HIIT Express Connor > MP 3/4		Zumba Valina > Beacon Rm				
6:30PM	Cycle Express Maria > Cycle Studio			Body Pump Maria > MP 3/4			Restorative Yoga Allison > MP 6
7:00PM	Yoga Sculpt Emily > MP 3/4 Hip Hop Jam Lauren B > Beacon	Zumba Mari > Beacon Rm Yoga Sculpt Julia L > MP 3/4	Yoga Sculpt Joe > MP 3/4	Hip Hop Jam Lauren > Beacon Rm			

LOCATIONS

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

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

YOU CAN NOW PRE-REGISTER FOR GROUP FITNESS CLASSES!

By pre-registering for classes, you will receive instant notifications about room changes, cancellations, messages from instructors, and other updates.

NOTE: You will need a valid FitPass to pre-register for classes. Purchase a Fitpass at shoprecwell.umn.edu.

Visit recwell.umn.edu/group-fitness for more information