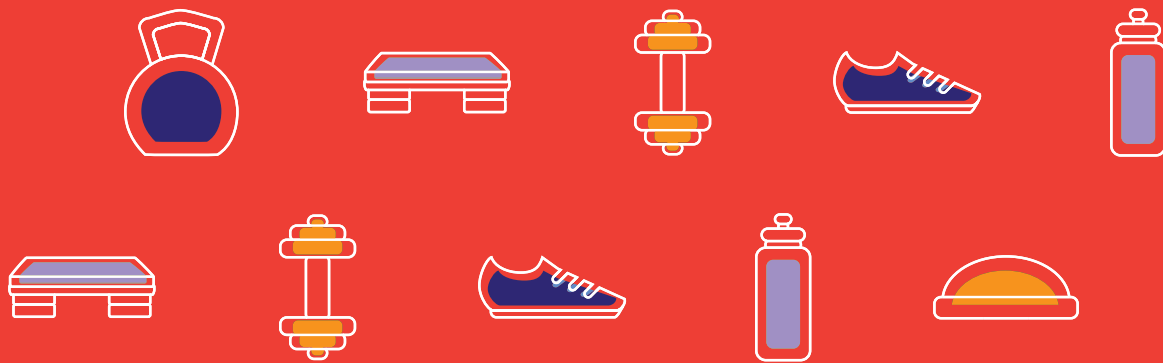


GROUP fitness



RECWELL.UMN.EDU/FITNESS

Classes are FREE for all RecWell members
January 2–12, 2018

	6:45 AM	12:00 PM	5:00 PM	6:15 PM
Monday	CYCLE Maria > Cycle Studio	YOGA FLOW Anna > MP6	ZUMBA Evgeniya > Beacon Room	MAT PILATES Andria > MP6
Tuesday	YOGA FLOW Jay > MP6	ZUMBA Deanne > MP1/2	CYCLE Maria > Cycle Studio	HIIT Rachel > MP3/4
Wednesday	CYCLE Maria > Cycle Studio	POWER YOGA Anna > MP6	YOGA FLOW Andria > MP6	ZUMBA Julia > Beacon Room
Thursday	POWER YOGA Jay > MP6	ZUMBA Deanne > MP1/2	ZUMBA Julia > Beacon Room	RESTORATIVE YOGA Sammy > MP6
Friday	CYCLE Maria > Cycle Studio	SHOCKWAVE Greg > MP3/4		
Saturday		ZUMBA Ariel > MP1/2		
Sunday				

LOCATIONS

Cycle Studio:
MP1–MP4:
Beacon Room:
MP6:
Cooke 308:

Lower Level
2nd Floor
2nd Floor
4th Floor
3rd Floor

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

Minneapolis
Recreation & Wellness Center
January 2– January 12, Winter Break

