

— group FITNESS —

MINNEAPOLIS RECREATION AND WELLNESS | **SPRING SCHEDULE**
 JANUARY 21 - MAY 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	BodyPump® Mariah > MP 3/4 Cycle Rachel Z > Cycle Studio	HIIT Express Annika > MP 3/4 Yoga Flow Sarah M > MP 6	Yoga Sculpt Emily > MP 3/4 Cycle Strength Kenzie > Cycle Studio	BodyPump® Sarah L > MP 3/4 Yoga Flow Sarah M > MP 6	Cycle Express Regan > Cycle Studio Yoga Flow Michaela > MP 6		
8:00am	Yoga Sculpt Katie M > MP 3/4	Cycle Express Kenzie > Cycle Studio	BodyPump® Mariah > MP 3/4	Cycle Strength Kenzie > Cycle Studio	BodyPump® Ashley G > MP 3/4		
10:00am	Yoga Flow Jeremy > MP 6	HIIT Express Alexis > MP 3/4	Power Yoga Jeremy > MP 6	TRX Alexis > MP 3/4		BodyPump® Mariah > MP 3/4	
12:00pm	Cycle Express Ben > Cycle Studio BodyPump® Alyssa > MP 3/4 Yoga Flow Lisa > MP 6	Zumba Deanne > MP 1/2 Yoga Flow Renuka > MP 6	Cycle Micki > Cycle Studio HIIT Lisa > MP 3/4	HIIT Sophie > MP 3/4 Yoga Flow Renuka > MP 6	Zumba Sara > MP 1/2	Zumba Sara > MP 1/2 Yoga Sculpt Emily > MP 3/4	Cycle Express Lauren > Cycle Studio
1:15pm	TRX Emma > MP 3/4	HIIT Express Annika > MP 3/4	BodyPump® Margaret > MP 3/4	Cycle Micki > Cycle Studio	Yoga Flow Katie S > MP 6 HIIT Lauren > MP 3/4		HIIT Lauren > MP 3/4
4:00pm	Cycle Express Hannah > Cycle Studio	Power Yoga Jeremy > MP 6	HIIT Express Hannah > MP 3/4	Yoga Flow Afton > Beacon	Cycle Maria > Cycle Studio		Yoga Sculpt Katie M > MP 3/4
5:15pm	Aqua Strength Alexis > Cooke 10 Pool BodyPump® Margaret > MP 3/4	Zumba Sara > Beacon HIIT Express Hannah > MP 3/4	Yoga Sculpt Katie M > MP 3/4 Zumba Valina > Beacon	Aqua Strength Emma > Cooke 10 Pool HIIT Express Sophie > MP 3/4			Cycle Express Rachel Z & Bethany > Cycle Studio BodyPump® Alyssa > MP 3/4
6:30pm	HIIT Express Jenna > MP 3/4 Yoga Flow Anala > MP 6	BodyPump® Express Sarah L > MP 3/4 Cycle Express Maria > Cycle Studio	HIIT Express Jenna > MP 3/4 Yoga Flow Anala > MP 6	BodyPump® Express Maria > MP 3/4 Cycle Express Bethany > Cycle Studio			
7:30pm	Hip Hop Jam Yan > Beacon	Yoga Sculpt Joe & Emily > MP 3/4	Cycle Connor > Cycle Studio	HIIT Connor > MP 3/4			

Cycle Studio	Lower Level
Mp 1- MP 4	2nd Floor
Beacon Room	2nd Floor
MP 6	4th Floor
Cooke 10	North Pool
Cooke 308	3rd Floor

Classes are held on a 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 min

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.