### Group Fitness MPLS

**Jan 18 - May 6**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>6:45am</td>
<td>Yoga Flow w/ Sarah Beacon MP 3/4 45 min</td>
<td>Body Pump w/ Sarah L MP 3/4 45 min</td>
<td>Yoga Flow w/ Sarah Beacon MP 3/4 45 min</td>
<td>Body Pump w/ Caitlin MP 3/4 45 min</td>
<td>Body Pump w/ Caitlin MP 3/4 45 min</td>
<td>Body Pump w/ Caitlin MP 3/4 45 min</td>
<td>Body Pump w/ Caitlin MP 3/4 45 min</td>
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<tr>
<td>8:00am</td>
<td>HIIT w/ Alex MP 3/4 45 min</td>
<td>Yoga Flow w/ Sarah Beacon 45 min</td>
<td>Power Cycle w/ Bethany Beacon MP 3/4 45 min</td>
<td>Cardio Dance w/ Elizabeth MP 3/4 45 min</td>
<td>Yoga Flow w/ Sarah Beacon MP 3/4 45 min</td>
<td>Gopher it w/ Grace MP 3/4 45 min</td>
<td>Power Cycle w/ Ivy MP 3/4 45 min</td>
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<tr>
<td>10:00am</td>
<td>Power Cycle w/ Ivy Cycle Studio MP 3/4 45 min</td>
<td>HIIT w/ Maddie MP 3/4 45 min</td>
<td>HIIT w/ Alex MP 3/4 45 min</td>
<td>HIIT w/ Hannah MP 3/4 45 min</td>
<td>Gopher it w/ Aarohi MP 3/4 45 min</td>
<td>Rhythm Cycle w/ Rachel Cycle Studio MP 3/4 45 min</td>
<td>Body Pump w/ Maria MP 3/4 45 min</td>
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<tr>
<td>12:00pm</td>
<td>Gopher it w/ Emma Hen MP 3/4 45 min</td>
<td>Power Cycle w/ Emma S Cycle Studio MP 3/4 45 min</td>
<td>Gopher it w/ Erin MP 3/4 45 min</td>
<td>Power Cycle w/ Micki Cycle Studio MP 3/4 45 min</td>
<td>Gopher it w/ Aarohi MP 3/4 45 min</td>
<td>Gopher it w/ Emma Hen MP 3/4 45 min</td>
<td>Rhythm Cycle w/ Rachel Cycle Studio MP 3/4 45 min</td>
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<tr>
<td>1:15pm</td>
<td>HIIT w/ Sydney H MP 3/4 45 min</td>
<td>Power Cycle w/ Emma S Cycle Studio MP 3/4 45 min</td>
<td>Gopher it w/ Erin MP 3/4 45 min</td>
<td>Power Cycle w/ Rachel Cycle Studio MP 3/4 45 min</td>
<td>Power Cycle w/ Anna MP 3/4 45 min</td>
<td>Rhythm Cycle w/ Rachel Cycle Studio MP 3/4 45 min</td>
<td>Cardio Dance w/ Jerica MP 3/4 45 min</td>
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<td>4:00pm</td>
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<tr>
<td>5:15pm</td>
<td>Gopher it w/ Aarohi MP 3/4 45 min</td>
<td>Body Pump w/ Maria MP 3/4 45 min</td>
<td>HIIT w/ Aarohi MP 3/4 45 min</td>
<td>Power Cycle w/ Emma S Cycle Studio MP 3/4 45 min</td>
<td>Barre w/ Maria MP 3/4 45 min</td>
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<tr>
<td>6:30pm</td>
<td>Core Flex w/ Emma Hen MP 3/4 30 min</td>
<td>Rhythm Cycle w/ Rachel Cycle Studio MP 3/4 45 min</td>
<td>HIIT w/ Maddie MP 3/4 45 min</td>
<td>Power Cycle w/ Emma S Cycle Studio MP 3/4 45 min</td>
<td>Power Cycle w/ Maria MP 3/4 45 min</td>
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<tr>
<td>7:30pm</td>
<td>Power Cycle w/ Donnie Cycle Studio MP 3/4 45 min</td>
<td>Cardio Dance w/ Jerica MP 3/4 45 min</td>
<td>Power Cycle w/ Emma S Cycle Studio MP 3/4 45 min</td>
<td>Power Cycle w/ Maria MP 3/4 45 min</td>
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### Class Color Key:
- **Power Cycle**
- **Cycle Studio Lower Level**
- **Rhythm Cycle**
- **MP 1- MP 4 2nd Floor**
- **HIIT**
- **Beacon Room 2nd Floor**
- **Yoga Flow**
- **MP 6 4th Floor**
- **Restorative Yoga**
- **Core Flex**
- **Barre**

### Before going to class:
1. **Purchase a FitPass ($35)**
   - [shoprecwell.umn.edu](http://shoprecwell.umn.edu)
2. **Find a class you love and register for it on shoprecwell.umn.edu**
3. **Show up 5-10 minutes before your class begins. Start sweating and have fun!**

**What should I bring?**
- Just a water bottle and your mask!

**Class Locations:**
- 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

### Join the fun with a FitPass!

Available at shoprecwell.umn.edu