# Group Fitness

**Purchase a FitPass ($35)**

[shoprecwell.umn.edu](http://shoprecwell.umn.edu)

**Find a class you love and register for it on shoprecwell.umn.edu**

**Show up 5-10 minutes before your class begins. Start sweating and have fun!**

**Q: What should I bring?**

**A: Just a water bottle and your mask! All equipment is supplied by your teacher.**

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**Class Color Key:**

- HIIT
- Power Cycle
- Body Pump
- Rhythm Cycle
- Cardio Dance
- Yoga Flow
- Meditation**

**Meditation classes do not require a FitPass**

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## Before going to class:

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## View the Fall 2022 Group Fitness Schedule

**East Bank**

**September 6 - December 16**

**Sunday (Sun)**

- 6:45am: Yoga Flow w/ Sarah S, Beacon 60 min
- 8:00am: Body Pump w/ Caitlin N, MP 3/4 45 min
- 9:00am: Power Cycle w/ Shannon L, Cycle Studio 45 min
- 12:00pm: Power Cycle w/ Izzy G, Cycle Studio 45 min
- 1:15pm: HIIT w/ Josie P, MP 3/4 45 min
- 2:30pm: HIIT w/ Bailey C, MP 3/4 45 min
- 4:00pm: HIIT w/ Tabby J, MP 3/4 45 min

**Monday (Mon)**

- 8:00am: Rhythm Cycle w/ Shannon L, Cycle Studio 45 min
- 9:00am: Body Pump w/ Tabby J, Beacon 60 min
- 10:00am: Power Cycle w/ Sarah S, Cycle Studio 45 min
- 11:00am: HIIT w/ Josie P, MP 3/4 45 min
- 12:00pm: HIIT w/ Bailey C, MP 3/4 45 min
- 1:00pm: HIIT w/喾y J, MP 3/4 45 min

**Tuesday (Tues)**

- 6:45am: Yoga Flow w/ Briana A, Cycle Studio 45 min
- 8:00am: Rhythm Cycle w/ Elizabeth D, MP 3/4 45 min
- 9:00am: Cardio Dance w/ Elizabeth D, MP 3/4 45 min
- 10:00am: HIIT w/ Josie P, MP 3/4 45 min
- 11:00am: HIIT w/ Bailey C, MP 3/4 45 min
- 12:00pm: HIIT w/ Josie P, MP 3/4 45 min

**Wednesday (Wed)**

- 6:45am: Yoga Flow w/ Sarah S, Cycle Studio 45 min
- 8:00am: Body Pump w/ Sarah S, MP 3/4 60 min
- 9:00am: Power Cycle w/ Josh D, Cycle Studio 45 min
- 10:00am: HIIT w/ Josie P, MP 3/4 45 min
- 11:00am: HIIT w/ Bailey C, MP 3/4 45 min
- 12:00pm: HIIT w/ Josie P, MP 3/4 45 min

**Thursday (Thurs)**

- 6:45am: Body Pump w/ Sarah L, MP 3/4 60 min
- 8:00am: Power Cycle w/ Sarah S, MP 3/4 60 min
- 9:00am: Body Pump w/ Sarah L, MP 3/4 60 min
- 10:00am: Power Cycle w/ Sarah L, MP 3/4 60 min
- 11:00am: Power Cycle w/ Sarah L, MP 3/4 60 min
- 12:00pm: Power Cycle w/ Sarah L, MP 3/4 60 min

**Friday (Fri)**

- 6:45am: Body Pump w/ Sarah S, MP 3/4 60 min
- 8:00am: Power Cycle w/ Sarah S, MP 3/4 60 min
- 9:00am: Body Pump w/ Sarah S, MP 3/4 60 min
- 10:00am: Power Cycle w/ Sarah S, MP 3/4 60 min
- 11:00am: Power Cycle w/ Sarah S, MP 3/4 60 min
- 12:00pm: Power Cycle w/ Sarah S, MP 3/4 60 min

**Saturday (Sat)**

- 6:45am: HIIT w/ Sarah S, Beacon 60 min
- 8:00am: Body Pump w/ Tabby J, Beacon 60 min
- 9:00am: Power Cycle w/ Shannon L, Cycle Studio 45 min
- 10:00am: HIIT w/ Josie P, MP 3/4 45 min
- 11:00am: HIIT w/ Bailey C, MP 3/4 45 min
- 12:00pm: HIIT w/ Josie P, MP 3/4 45 min

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**Group Fitness Schedule:**

**September 6 - December 16**

**Classes:**

- **HIIT**
- **Power Cycle**
- **Body Pump**
- **Rhythm Cycle**
- **Cardio Dance**
- **Yoga Flow**
- **Meditation**

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**Scan for a FitPass**