Purchase a FitPass ($35) 
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!

**Meditation classes do not require a FitPass**

### Class Color Key:
- HIIT
- Power Cycle
- Body Pump
- Rhythm Cycle
- Cardio Dance
- Yoga Flow
- Restorative Yoga

**Meditation**

### Before going to class:
1. Purchase a FitPass ($35) 
   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!
   - All equipment is supplied by your teacher.

---

### Schedule

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 am</td>
<td>8:00 am</td>
<td>9:00 am</td>
<td>12:00 pm</td>
<td>1:15 pm</td>
<td>2:00 pm</td>
<td>7:30 pm</td>
</tr>
<tr>
<td>Yoga Flow w/ Sarah S</td>
<td>Body Pump w/ Tabby J</td>
<td>Rhythm Cycle w/ Shannon L</td>
<td>HIIT w/ Josie P</td>
<td>HIIT w/ Bailey C</td>
<td>Yoga Flow w/ Sarah S</td>
<td>Body Pump w/ Josh D</td>
</tr>
<tr>
<td>Power Cycle w/ Tabby J</td>
<td>Body Pump w/ Caitlin N</td>
<td>Rhythm Cycle w/ Briana A</td>
<td>HIIT w/ Josie P</td>
<td>HIIT w/ Bailey C</td>
<td>Body Pump w/ Sarah S</td>
<td>Power Cycle w/ Josh D</td>
</tr>
<tr>
<td>45 min</td>
<td>45 min</td>
<td>60 min</td>
<td>45 min</td>
<td>45 min</td>
<td>45 min</td>
<td>45 min</td>
</tr>
</tbody>
</table>

---

### Calendar

- **Meditation classes do not require a FitPass**
- All equipment is supplied by your teacher.