### groupfitness

**FALL 2022**  
est bank  
sept 6 - dec 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Class</th>
<th>Instructor</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>S</td>
<td>Yoga Flow w/ Sarah S</td>
<td></td>
<td>60 min</td>
</tr>
<tr>
<td></td>
<td>M</td>
<td>Studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>W</td>
<td>HIIT w/ Sydney R</td>
<td></td>
<td>60 min</td>
</tr>
<tr>
<td></td>
<td>T</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>R</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>F</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>S</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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](http://shoprecwell.umn.edu)
3. **Show up 5-10 minutes before your class begins.**
   - **Start sweating and have fun!**

**Q: What should I bring?**

- Just a water bottle and your mask!
- All equipment is supplied by your teacher.

**Scan to purchase a FitPass!**

---

**Yoga Flow**  
w/ Sarah S  
60 min

**HIIT w/ Sydney R**  
60 min

---

**RECREATION & WELLNESS**  
**UNIVERSITY OF MINNESOTA**  
**A UNIT OF STUDENT AFFAIRS**