# Group Fitness

**FALL 2022**

**East Bank**

**September 6 - December 16**

## 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!

### Q: What should I bring?

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

## Class Color Key:

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

**Meditation classes do not require a FitPass**

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## Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>6:45am</td>
<td>Yoga Flow</td>
<td>Sarah S</td>
<td>Beacon</td>
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<tr>
<td></td>
<td></td>
<td>Power Cycle</td>
<td>Tabb J</td>
<td>Cycle Studio</td>
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<tr>
<td></td>
<td>8:00am</td>
<td>Rhythm Cycle</td>
<td>Shannon L</td>
<td>Cycle Studio</td>
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<tr>
<td></td>
<td>9:00am</td>
<td>Power Cycle</td>
<td>Shannon L</td>
<td>Cycle Studio</td>
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<td></td>
<td>12:00pm</td>
<td>Power Cycle</td>
<td>Katie S</td>
<td>Cycle Studio</td>
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<td></td>
<td>11:15pm</td>
<td>Rhythm Cycle</td>
<td>Jenna V</td>
<td>Cycle Studio</td>
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<tr>
<td></td>
<td>4:00pm</td>
<td>HIIT</td>
<td>Aarohi S</td>
<td>MP 3/4</td>
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<tr>
<td></td>
<td>5:15pm</td>
<td>Body Pump</td>
<td>Caitlin N</td>
<td>MP 3/4</td>
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<td>6:30pm</td>
<td>Rhythm Cycle</td>
<td>Trina Z</td>
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<td></td>
<td>7:30pm</td>
<td>Power Cycle</td>
<td>Hallie C</td>
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<td>Power Cycle</td>
<td>Maria S</td>
<td>MP 3/4</td>
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<td>Jenna V</td>
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<td>Rachel F</td>
<td>Cycle Studio</td>
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<td>HIIT</td>
<td>Sydney R</td>
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<td>Jerica G</td>
<td>MP 3/4</td>
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**Scan for a FitPass**

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**University of Minnesota**

**RecWell UMN.edu**

**A Unit of Student Affairs**