**Purchase a FitPass ($40)**
[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! All equipment is supplied by your teacher.

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**east bank groupfitness**

**FALL 2022**

**sept 6 - dec 16**

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<table>
<thead>
<tr>
<th>Time</th>
<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>6:45am</td>
<td>Yoga Flow w/ Sarah S Beacon 60 min</td>
<td>Body Pump w/ Caitlin N MP 3/4 45 min</td>
<td>Body Pump w/ Sarah S MP 3/4 60 min</td>
<td>Yoga Flow w/ Sarah S Cycle Studio 45 min</td>
<td>Body Pump w/ Sarah S MP 3/4 60 min</td>
<td>Body Pump w/ Sarah S MP 3/4 60 min</td>
<td>Yoga Flow w/ Sarah S Beacon 60 min</td>
</tr>
<tr>
<td>8:00am</td>
<td>Rhythm Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Cardio Dance w/ Elizabeth D MP 3/4 60 min</td>
<td>Meditation** w/ Sarah S Beacon 45 min</td>
<td>HIIT w/ Bailey C MP 3/4 45 min</td>
<td>Rhythm Cycle w/ Briana A Cycle Studio 45 min</td>
<td>Power Cycle w/ Josh D Cycle Studio 45 min</td>
</tr>
<tr>
<td>10:00am</td>
<td>Rhythm Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Yoga Flow w/ Katie S Beacon 60 min</td>
<td>Body Pump w/ Caitlin N MP 3/4 60 min</td>
<td>HIIT w/ Maddie J MP 3/4 60 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>Power Cycle w/ Josh D Cycle Studio 45 min</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Power Cycle w/ Izzy G Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Yoga Flow w/ Trina Z Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
<tr>
<td>1:15pm</td>
<td>Rhythm Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Power Cycle w/ Shannon L Cycle Studio 45 min</td>
<td>Rhythm Cycle w/ Sarah S Cycle Studio 45 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
<tr>
<td>4:00pm</td>
<td>HIIT w/ Aarohi S MP 3/4 45 min</td>
<td>Power Cycle w/ Rose G Cycle Studio 45 min</td>
<td>Yoga Flow w/ Campbell B Beacon 60 min</td>
<td>Rhythm Cycle w/ Trina Z Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
<td>Power Cycle w/ Camden P Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
<tr>
<td>5:15pm</td>
<td>Restorative Yoga w/ Aidan Cycle Studio 45 min (starts 10/16)</td>
<td>Body Pump w/ Maria S MP 3/4 45 min</td>
<td>Rhythm Cycle w/ Briana A Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
<td>HIIT w/ Sydney R MP 3/4 60 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
<tr>
<td>6:30pm</td>
<td>Rhythm Cycle w/ Rachel F Cycle Studio 45 min</td>
<td>Rhythm Cycle w/ Trina Z Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S Cycle Studio 45 min</td>
<td>RIthym Cycle w/ Rachel F Cycle Studio 45 min</td>
<td>HIIT w/ Sydney R MP 3/4 60 min</td>
<td>HIIT w/ Sydney R MP 3/4 45 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
<tr>
<td>7:30pm</td>
<td>Power Cycle w/ Camden P Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S Cycle Studio 45 min</td>
<td>Power Cycle w/ Sarah S Cycle Studio 45 min</td>
<td>HIIT w/ Sydney R MP 3/4 60 min</td>
<td>HIIT w/ Sydne R MP 3/4 60 min</td>
<td>Power Cycle w/ Sarah S MP 3/4 60 min</td>
</tr>
</tbody>
</table>

**Class Color Key:**
- HIIT
- Power Cycle
- Body Pump
- Rhythm Cycle
- Cardio Dance
- Yoga Flow
- Meditation**
- Mat Pilates

**Before going to class:**

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**Meditation classes do not require a FitPass**

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**scan for a FitPass**