

SPRING 2020

# GROUP EXERCISE

SUN

Cycling  
5 PM  
HT Cycling  
Abbie

Paddleboard Yoga  
5:30 PM  
McPhee Pool  
Sammie  
\*Ends April 5

Zumba  
6 PM  
HT Studio  
Hanna D.

**FREE WITH BLUGOLD ID!**

HT= HILLTOP LOCATION  
STARTS FEB. 3RD

MON

Low Impact Cardio  
6 AM  
McPhee 111  
Hannah V.

Express Fit: Butts + Guts  
Zorn  
Noon  
Erin

Cycling  
5 PM  
HT Cycling  
Alyssa

Barre Fit  
5 PM  
HT Studio  
Mary Cait

Strength + Tone  
6 PM  
HT Studio  
Madeline

Boot Camp  
Yoga Fusion  
7 PM  
HT Studio  
Montana

Cycling  
7 PM  
HT Cycling  
Jackie

Hydro  
7:15 PM  
McPhee Pool  
Hannah V.

Dance  
Strength Fusion  
7:30 PM  
McPhee 111  
Savy

Yoga  
8 PM  
HT Studio  
Nick

TUES

Strength + Tone  
6 AM  
McPhee 111  
Erin

Boot Camp  
Yoga Fusion  
Noon  
Zorn  
Montana

Cycling  
5 PM  
HT Cycling  
Abbie

Express Fit: Butts + Guts  
5 PM  
HT Studio  
Madeline

Strength + Tone  
6 PM  
HT Studio  
Abbie

Tabata  
6 PM  
McPhee 111  
Madeline

Yoga  
7 PM  
McPhee 111  
Rachel

Cycling  
7 PM  
HT Cycling  
Colette

Zumba  
7 PM  
HT Studio  
Marissa

Power Yoga  
8 PM  
HT Studio  
Sammie

WED

Boot Camp  
Yoga Fusion  
6 AM  
McPhee 111  
Montana

Barre Basic  
Zorn  
Noon  
Mary Cait

Cycling  
5 PM  
HT Cycling  
Emma

Kickboxing HIIT  
6 PM  
HT Studio  
Abbie

Pilates Yoga  
Strength  
7 PM  
HT Studio  
Abbie

Cycling  
7 PM  
HT Cycling  
Alyssa

Dance  
Strength Fusion  
7:30 PM  
McPhee 111  
Savy

Meditative Yoga  
8 PM  
HT Studio  
Lindsey

THURS

Strength + Tone  
6 AM  
McPhee 111  
Madeline

Yoga Sculpt  
Noon  
Zorn  
Savy

Cycling  
5 PM  
HT Cycling  
Alyssa

HIIT  
5 PM  
McPhee 111  
Erin

Barre Fit  
6 PM  
HT Studio  
Mary Cait

Zumba  
7 PM  
HT Studio  
Hanna D. +  
Marissa

Cycling  
7 PM  
HT Cycling  
Jackie

Yoga Sculpt  
7 PM  
McPhee 111  
Savy

Hydro  
7:15 PM  
McPhee Pool  
Hannah V.

Yoga  
8 PM  
HT Studio  
Lindsey

FRI

Yoga  
6 AM  
McPhee 111  
Nick

Yoga  
Noon  
Library 2nd Floor  
Breezeway L2022  
Nick

Cycling  
3 PM  
HT Cycling  
Colette

Zumba  
3:30 PM  
HT Studio  
Hanna D.

RESERVATIONS:

- Reservations available (first come, first serve)
- Reservation MUST be made for this class.

Reservations are on a first come, first serve basis!  
You can make a reservation starting at 6am THE DAY OF the class.  
Call (715) 836-2212 to reserve your spot; you CANNOT leave a message.  
You must talk to a desk worker. If no one answers, try again later.

COME AS YOU ARE AND EXPERIENCE RECREATION!

We respect and value all people. We value the individual differences that make us unique and the similarities that bring us together.

INDIVIDUALS WITH DISABILITIES:

If you need a disability related accomodation to participate in any of our programs, please contact the Recreation Office at (715) 836-3377 as soon as possible.

SAT

Cycling + Strength  
10 AM  
HT Cycling  
Emma

FOR MORE INFO:

Visit us online: [www.uwec.edu/recreation](http://www.uwec.edu/recreation)  
Hilltop Recreation Office: (715) 836-3377 or [recreation@uwec.edu](mailto:recreation@uwec.edu)

Recreation and  
Sport Operations

University of Wisconsin  
Eau Claire