summer 2021 GROUP EXERCISE

june 1st - august 12th

All classes are free year-round with Blugold ID
Reservation required for in person classes
uwec.edu/recreation

mon
12pm Yoga Sculpt Savvy
ZOOM only
5pm Boot Camp
Abbie
Hilltop + ZOOM
6pm Indoor Cycling
Jackie
Cycling Studio

tues
12pm Strength and Tone Savvy
ZOOM only
5pm Strength and Tone
Morgan
Hilltop + ZOOM
5pm Indoor Cycling
Sam
Cycling Studio

wed
5pm Indoor Cycling
Morgan (June)
Meg (July + August)
Cycling Studio
5pm Boot Camp
Abbie
Hilltop + ZOOM
6pm Zumba
Jordan
Hilltop + ZOOM

thurs
12pm Strength and Tone Savvy
ZOOM only
5pm Indoor Cycling
Jackie
Cycling Studio

We respect and appreciate all people. We value individual differences that make us unique and the similarities that bring us together. Come as you are and EXPERIENCE RECREATION!