

All classes are free and
require a reservation.
Starts Sept. 2nd

GROUP exercise

fall 2021

sun

5 PM
Cycling
Hilltop Cycling
Abbie O

mon

5:15 PM
Strength and Tone
Hilltop Studio
Morgan

5:15 PM
Cycling
Hilltop Cycling
Jackie

6:30 PM
Yoga Sculpt
Hilltop Studio
Savy

7 PM
Zumba
McPhee 111
Jordan

7:15 PM
Cycling
Hilltop Cycling
Meg

8 PM
Yoga
Hilltop Studio
Kelsey

tue

6:15 AM
Strength and Tone
McPhee111
Morgan

5 PM
Boot Camp
Hilltop Studio
Abby S.

5:15 PM
Cycling
Hilltop Cycling
Abbie O.

6:30 PM
Pilates/Yoga Strength
Hilltop Studio
Abbie O.

7 PM
Dance/Strength Fusion
McPhee 111
Grace

7:15 PM
Cycling
Hilltop Cycling
Emma

8 PM
Yoga
Hilltop Studio
Kelsey

wed

6:15 AM
Cycling
Hilltop Cycling
Sam

Noon
Butts & Guts
Hilltop Studio
Abby

5 PM
Kickboxing HIIT
Hilltop Studio
Abbie

5:15 PM
Cycling
Hilltop Cycling
Morgan

6 PM
Strength and Tone
McPhee 111
Savy

7:15 PM
Cycling
Hilltop Cycling
Emma

8 PM
Zumba
Hilltop Studio
Kayla

thur

6:15 AM
Cycle & Strength
Hilltop Cycling
Jackie

5 PM
Boot Camp
Hilltop Studio
Abby S.

5:15 PM
Cycling
Hilltop Cycling
Meg

6:30 PM
Zumba
Hilltop Studio
Jordan

7:15 PM
Cycling
Hilltop Cycling
Emma

8 PM
Yoga
Hilltop Studio
Kelsey

fri





Noon
Strength and Tone
Hilltop Studio
Savy

3:30 PM
Zumba
Hilltop Studio
Kayla

4 PM
Cycling
Hilltop Cycling
Sam

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on the App Store



-  Hilltop Studio + ZOOM
-  McPhee 111
-  Hilltop Cycling Studio
-  No ZOOM Option

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.

FOR MORE INFO:

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

INDIVIDUALS WITH DISABILITIES:

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

Recreation and
Sport Operations

University of Wisconsin
Eau Claire