

WINTER 2022 Group Exercise

JANUARY 3-27

NO CLASS ON JAN 17 FOR MLK JR DAY



mon

Bootcamp
Noon
Savy
Hilltop Studio

Cycling
5 PM
Abbie
Hilltop Cycling

Power Yoga
6 PM
Kelsey
Hilltop Studio

tue

Cycling
5 PM
Sam
Hilltop Cycling

Strength and Tone
6 PM
Sophie
Hilltop Studio

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Strength and Tone
Noon
Savy
Hilltop Studio

Boot Camp
5 PM
Abbie
Hilltop Studio

Cycling
6 PM
Sam
Hilltop Cycling

thurs

Strength and Tone
5 PM
Sophie
Hilltop Studio

Yoga
6 PM
Kelsey
Hilltop Studio

ALL CLASSES ARE FREE AND
REQUIRE A RESERVATION.

Make your life easier, download the App with this QR code now!
Or search "UWEC Recreation" on the App Store



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

FOR MORE INFO:

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

Recreation and
Sport Operations

University of Wisconsin
Eau Claire