

fall 2022

GROUP EXERCISE

starts september 6th

sun

5:00 PM
Cycling
Hilltop Cycling
Abbie O.

mon

Noon
Boot Camp
Hilltop Studio
Brittany

5:00 PM
Strength and Tone
Hilltop Studio
Savy

5:00 PM
Cycling
Hilltop Cycling
Sophie

6:00 PM
Yoga Sculpt
Hilltop Studio
Savy

7:00 PM
Zumba
Hilltop Studio
Ruby

7:00 PM
Cycling
Hilltop Cycling
Gracie

8:00 PM
Meditative Yoga
Hilltop Studio
Ashleigh

tues

6:15 AM
Cycle & Tone
Hilltop Cycling
Sophie

5:00 PM
Boot Camp
Hilltop Studio
Savy

5:15 PM
Cycling
Hilltop Cycling
Abbie O.

6:15 PM
Pilates/Yoga Strength
Hilltop Studio
Abbie

7:00 PM
Cycling in Spanish
Hilltop Cycling
Sara

7:45 PM
Zumba
McPhee 111
Bryn

wed

6:15 AM
Cycling
Hilltop Cycling
Jackie

12:15 PM
Yoga
Hilltop Studio
Ashleigh

5:00 PM
Kickboxing HIIT
Hilltop Studio
Abbie

5:00 PM
Cycling
Hilltop Cycling
Sam

7:00 PM
Zumba
McPhee 111
Ruby

7:00 PM
Cycling
Hilltop Cycling
Sophie

8:00 PM
Yoga
Hilltop Studio
Sophie

thurs

6:15 AM
Cycle & Tone
Hilltop Cycling
Jackie

12:15pm
Boot Camp
Hilltop Studio
Sophie

5:15 PM
Cycling
Hilltop Cycling
Sam

6:00 PM
Strength and Tone
Hilltop Studio
Savy

7:00 PM
Dance Strength Fusion
Hilltop Studio
Savy

7:00PM
Cycling
Hilltop Cycling
Gracie

8:00 PM
Yoga
Hilltop Studio
Maggie

fri

1pm
Yoga
Library Breezeway
L2022
Ashleigh

3:30 PM
Cycling
Hilltop Cycling
Sam

4:00 PM
Zumba
Hilltop Studio
Bryn

sat

10:00 AM
Cycling
Hilltop Cycling
Gracie

- McPhee 111
- Library 2022
- Hilltop Studio
- Hilltop Cycling

Reservations required for Cycle and Cycle & Tone

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.

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

Free with Blugold ID



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