GROUP EXERCISE starts September 6th

**Fall 2022**

**Sunday (Sun)**
- 5:00 PM Cycling Hilltop Studio Abby O.
- Noon Boot Camp Hilltop Studio Brittany

**Monday (Mon)**
- 6:15 AM Cycle & Tone Hilltop Studio Jackie
- 5:00 PM Yoga Hilltop Studio Ashleigh
- 5:00 PM Strength and Tone Hilltop Studio Savvy
- 5:15 PM Cycling Hilltop Studio Abby O.
- 5:15 PM Pilates/Yoga Hilltop Studio Abby

**Tuesday (Tues)**
- 6:15 AM Cycling Hilltop Studio Jackie
- 12:15 PM Yoga Hilltop Studio Ashleigh
- 5:00 PM Kickboxing Hilltop Studio Abby

**Wednesday (Wed)**
- 6:15 AM Cycle & Tone Hilltop Studio Jackie
- 12:15 PM Boot Camp Hilltop Studio Sophie
- 5:15 PM Cycling Hilltop Studio Sam
- 5:00 PM Cycling Hilltop Studio Abby
- 5:00 PM Strength and Tone Hilltop Studio Savvy

**Thursday (Thurs)**
- 12:15 PM Yoga Hilltop Studio Ashleigh
- 5:15 PM Cycling Hilltop Studio Sam
- 5:00 PM Cycling Hilltop Studio Abby
- 6:00 PM Dance Strength Fusion Hilltop Studio Savvy

**Friday (Fri)**
- 10:00 AM Cycling Hilltop Studio Gracie
- 1 PM Yoga Library Breezeway L3022 Ashleigh
- 3:30 PM Cycling Hilltop Studio Sam

**Saturday (Sat)**
- 10:00 AM Cycling Hilltop Studio Gracie
- 4:00 PM Zumba Hilltop Studio Gracie

**Locations:**
- McPhee 111
- Library 2022
- Hilltop Studio
- Hilltop Cycling

**Reservations required for Cycle and Cycle & Tone**

**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.

**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

**Rec App:**
- Apple
- Google

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