

FALL 2025 ~ BEGINS SEP 3RD

GROUP EXERCISE

FREE WITH BLUGOLD ID

SUN

5:00 pm
*Cycle & Strength
Hilltop Cycling
Abbie O.

6:00 pm
Yoga
Hilltop Studio
Sabrina

MON

3:00 pm
Butts and Guts
30 min class
Hilltop Studio
Josie H.

5:00 pm
Barre Express
30 min class
Hilltop Studio
Delaney

5:00 pm
*Cycling
Hilltop Cycling
Lydia

6:00 pm
Power Circuits
Hilltop Studio
Delaney

7:00 pm
Zumba
Hilltop Studio
Aysia

7:00 pm
*Cycling
Hilltop Cycling
Sydney

8:00 pm
Meditative Yoga
Hilltop Studio
Trista

TUE

12:00pm
Boot Camp
Hilltop Studio
Josie W.

5:00 pm
Butts and Guts
30 min class
Hilltop Studio
Kathryn

5:00 pm
*Cycling
Hilltop Cycling
Lydia/Abbie

6:00 pm
Pilates/Yoga Strength
Hilltop Studio
Abbie

7:00 pm
Zumba
Hilltop Studio
Kylee

7:00 pm
*Cycling
Hilltop Cycling
Lydia

8:00 pm
Yoga
Hilltop Studio
Ailee

WED

12:00pm
Strength & Tone
Hilltop Studio
Josie W.

3:00 pm
Upper Body
30 min class
Hilltop Studio
Josie H.

5:00 pm
*Cycling
Hilltop Cycling
Jessica

6:00 pm
Pilates
Hilltop Studio
Emma

7:00 pm
Zumba
Hilltop Studio
Kylee

7:00 pm
*Cycling
Hilltop Cycling
Sydney

8:00 pm
Yoga
Hilltop Studio
Sabrina

THU

6:15 am
Yoga
Hilltop Studio
Trista

12:00pm
Boot Camp
Hilltop Studio
Josie W.

5:00 pm
Pilates
Hilltop Studio
Emma

5:00 pm
*Cycling
Hilltop Cycling
Jessica

6:00 pm
Power Sculpt
Hilltop Studio
Kathryn

7:00 pm
Zumba
Hilltop Studio
Aysia

7:00 pm
*Cycling
Hilltop Cycling
Sydney

8:00 pm
Yoga
Hilltop Studio
Johanna

FRI

3:00pm
Cardio/Core
30 min class
Hilltop Studio
Josie H.



SCAN THIS QR CODE TO MAKE
YOUR RESERVATION ONLINE!

*RESERVATIONS RECOMMENDED
FOR ALL CYCLING CLASSES

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:
HILLTOP RECREATION OFFICE: (715) 836-3377 OR
RECREATION@UWEC.EDU
VISIT US ONLINE: WWW.UWEC.EDU/RECREATION

INDIVIDUALS WITH DISABILITIES:

WE ASPIRE TO PROVIDE ACCESSIBLE RECREATIONAL
OPPORTUNITIES FOR ALL. IF A DISABILITY RELATED
ACCOMMODATION IS NEEDED TO PARTICIPATE IN
ANY OF OUR PROGRAMS, PLEASE CONTACT THE
RECREATION OFFICE AT (715) 836-3377.