

FALL

Group X SCHEDULE

September 7th - December 14th

Monday	Tuesday	Wednesday	Thursday	Friday
Starter Strength w/ Albert & Seth 5:00-5:30pm Room 104	Core Focus w/ Alyssa 7:30-8:00am Room 104	Wurk-It-Circuit w/ Samantha 3:45-4:30pm Room 104	Muscle Fit w/ Seth 1:00-1:50pm Room 104	Group Cycle w/ Elena 8:00-8:45am Room 110
Group Cycle w/ Lauren 5:30-6:15pm Room 110	Starter Cycle w/ Elena 5:45-6:15pm Room 110	HIIT w/ Natalie 5:00-5:30pm Room 104	Strength & Core w/ Albert 5:00-5:45pm Room 104	Pilates Fusion w/ Faith 11:30-12:45pm Room 110
HIIT w/ Samantha 6:00-6:30pm Room 104	Group Strength w/ Albert 6:00-6:45pm Room 104	Group Cycle w/ Lauren 5:30-6:15pm Room 110	Guts & Butts w/ Isabella 5:30-6:15pm Room 110	Muscle Fit w/ Seth 5:00-5:50pm Room 104
Vinyasa Flow Yoga w/ Geneva 6:30-7:30pm Room 110	Guts & Butts w/ Hanh 7:00-7:30pm Room 104	Guts & Butts w/ Lilly 6:00-6:45pm Room 104	@UWMUREC f i t	Barre Fit w/ Jamie 6:00-6:45pm Room 110
Dance HIIT w/ Olivia 7:00-7:45pm Room 104	Yoga w/ Natalie 7:00-7:45pm Room 110	Vinyasa Flow Yoga w/ Geneva 6:30-7:30pm Room 110	KEY: Strength Mind/Body Cardio Cardio/Strength	
Guts & Butts w/ Kayla 8:00-8:45pm Room 104		Arms & Abs w/ Aleia 8:00-8:30pm Room 104		EXPERIENCE

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