

Fall 2024 - Begins Sep 4th

Group Exercise

Free With Blugold ID

Day	Time	Activity	Instructor
SUN	5:00 pm	*Cycle & Tone	Hilltop Cycling Abbie O.
MON	5:00 pm	Barre Express (30 min class)	Hilltop Studio Delaney
	5:00 pm	*Cycling	Hilltop Cycling Sydney
	6:00 pm	Power Circuits	Hilltop Studio Bryn
	7:00 pm	Zumba	Hilltop Studio Ruby
	7:00 pm	*Cycling	Hilltop Cycling Leah
	8:00 pm	Meditative Yoga	Hilltop Studio Megan
TUE	6:15 am	Yoga	Hilltop Studio Trista
	12:00pm	Boot Camp	Hilltop Studio Megan
	5:00 pm	*Cycling	Hilltop Cycling Abbie O.
	6:00 pm	Pilates/Yoga Strength	Hilltop Studio Abbie O.
	7:00 pm	Power Sculpt	Hilltop Studio Josie
	7:00 pm	*Cycling	Hilltop Cycling Sydney
	8:00 pm	Zumba	Hilltop Studio Ruby
WED	12:00 pm	Boot Camp	Hilltop Studio Josie
	5:00 pm	Barre Stretch	Hilltop Studio Delaney
	5:00 pm	*Cycling	Hilltop Cycling Leah
	6:00 pm	Power Sculpt	Hilltop Studio Delaney
	7:00 pm	Zumba	Hilltop Studio Bryn
THU	6:15 am	Cycling	Hilltop Cycling Sydney
	12:00pm	Power Circuits	Hilltop Studio Megan
	1:00 pm	Yoga in the Library	Breezeway 2022 Natalie
	5:00 pm	*Cycling	Hilltop Cycling Amy
	6:00 pm	(30 min class) Butts and Guts	Hilltop Studio Amy
	7:00 pm	Yoga	Hilltop Studio Trista
	7:00 pm	*Cycling	Hilltop Cycling Gabby
	8:00 pm	Yoga	Hilltop Studio Natalie
FRI	3:30pm	*Cycling	Hilltop Cycling Leah
	3:30 pm	Zumba	Hilltop Studio Bryn
SAT	10:00am	*Cycling	Hilltop Cycling Gabby



***Reservations recommended for all cycling classes**
Scan this QR code to make your reservation online!

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.

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.