

STARTS JANUARY 27TH

SPRING 2025 | FREE WITH BLUGOLD ID

# GROUP EXERCISE

**SUN**

5:00 pm  
**\*Cycle & Strength**  
Hilltop Cycling  
Abbie

**MON**

5:00 pm  
**Barre Express**  
Hilltop Studio  
Delaney

5:00 pm  
**\*Cycling**  
Hilltop Cycling  
Amy

6:00 pm  
**Power Circuits**  
Hilltop Studio  
Amy

7:00 pm  
**Zumba**  
Hilltop Studio  
Aysia

7:00 pm  
**\*Cycling**  
Hilltop Cycling  
Sydney

8:00 pm  
**Meditative Yoga**  
Hilltop Studio  
Megan

**TUE**

6:15 am  
**Pilates**  
Hilltop Studio  
Giulia

12:00 pm  
**Boot Camp**  
Hilltop Studio  
Megan

5:00 pm  
**\*Cycling**  
Hilltop Cycling  
Leah

6:00 pm  
**Pilates/Yoga  
Strength**  
Hilltop Studio  
Abbie

7:00 pm  
**Zumba**  
Hilltop Studio  
Ruby

7:00 pm  
**\*Cycling**  
Hilltop Cycling  
Lydia

8:00 pm  
**Yoga**  
Hilltop Studio  
Sabrina

**WED**

5:00 pm  
**Barre Stretch**  
Hilltop Studio  
Delaney

5:00 pm  
**\*Cycling**  
Hilltop Cycling  
Amy

6:00 pm  
**Power Sculpt**  
Hilltop Studio  
Amy

7:00 pm  
**Zumba**  
Hilltop Studio  
Ruby

7:00 pm  
**\*Cycling**  
Hilltop Cycling  
Jessica

8:00 pm  
**Yoga**  
Hilltop Studio  
Natalie

**THU**

6:15 am  
**Cycling**  
Hilltop Cycling  
Lydia

12:00pm  
**Power Circuits**  
Hilltop Studio  
Megan

2:00 pm  
**Yoga @ Library**  
Breezeway 2022  
Natalie

5:00 pm  
**\*Cycling**  
Hilltop Cycling  
Jessica  
+  
5:00 pm  
**Pilates**  
Hilltop Studio  
Giulia

6:00 pm  
**Power Sculpt**  
Hilltop Studio  
Delaney

7:00 pm  
**Zumba**  
Hilltop Cycling  
Aysia  
+  
7:00 pm  
**\*Cycling**  
Hilltop Cycling  
Leah

8:00 pm  
**Yoga**  
Hilltop Studio  
Sabrina

**FRI**

3:30pm  
**\*Cycling**  
Hilltop Cycling  
Sydney

## FOR MORE INFO:

Hilltop Recreation Office: (715) 836-3377

or recreation@uwec.edu

Visit us online: [www.uwec.edu/recreation](http://www.uwec.edu/recreation)



**\*RESERVATIONS  
RECOMMENDED  
FOR ALL CYCLING  
CLASSES:**

Scan this QR code  
to make your  
reservation online!

## 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.

## 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.