

Spring 2024 - Begins Jan 29th

Group Exercise

Free With Blugold ID

SUN

5:00 pm
*Cycling
Hilltop Cycling
Abbie O.

MON

6:15 am
Yoga
Hilltop Studio
Ashleigh

4:15 pm
(30 min class)
Butts & Guts
Hilltop Studio
Amy

5:00 pm
*Cycling
Hilltop Cycling
Amy

6:00 pm
Boot Camp
Hilltop Studio
Josie

7:00 pm
Zumba
Hilltop Studio
Ruby

7:00 pm
*Cycling
Hilltop Cycling
Sydney

8:00 pm
Yoga
Hilltop Studio
Megan

TUE

6:15 am
*Cycle & Tone
Hilltop Cycling
Amy

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
Strength & Tone
Hilltop Studio
Kaylen

7:00 pm
*Cycling
Hilltop Cycling
Gabby

8:00 pm
Meditative Yoga
Hilltop Studio
Trista

WED

5:00 pm
Kickboxing HIIT
Hilltop Studio
Abbie O.

5:00 pm
*Cycling
Hilltop Cycling
Sydney

6:00 pm
Dance Strength Fusion
McPhee III
Brooklynn

6:00 pm
Strength & Tone
Hilltop Studio
Kaylen

7:00 pm
Zumba
Hilltop Studio
Ruby

7:00 pm
Deep Stretching
McPhee III
Brooklynn

7:00 pm
*Cycling
Hilltop Cycling
Lindsey

8:00 pm
Yoga
Hilltop Studio
Trista

THU

6:15 am
Yoga
Hilltop Studio
Trista

12:00pm
Strength & Tone
Hilltop Studio
Megan

5:00 pm
*Cycling
Hilltop Cycling
Gabby

6:00 pm
Boot Camp
Hilltop Studio
Josie

7:00 pm
*Cycling
Hilltop Cycling
Amy

8:00 pm
Zumba
Hilltop Studio
Ruby

FRI

1:00pm
Yoga in the Library
Breezeway 2022
Ashleigh

3:30 pm
*Cycling
Hilltop Cycling
Lindsey

SAT

10:00am
*Cycling
Hilltop Cycling
Sydney

DOWNLOAD THE
UWEC RECREATION
APP TO MAKE
RESERVATIONS

APPLE STORE



GOOGLE PLAY



***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.