

GROUP FITNESS SCHEDULE

SPRING 2017

MONDAY-FRIDAY

4-6pm Women's Weightlifting Fitness 1/Rm. 127

MONDAY

7-7:30am	Cycle Express	Rm. 203	5:30-6pm	Lower Body Burnout	Rm. 202	7-7:30pm	Cycle Express	Rm. 203
4-4:50pm	INSANITY	Rm. 201	6-6:45pm	Kickboxing	Rm. 201	7-7:45pm	Boot Camp Circuit	Rm. 201
4:15-5pm	Barre	Rm. 202	6-6:45pm	Blacklight Ride	Rm. 203	7:15-8pm	Yoga	Rm. 127
5-5:45pm	Total Body Strength	Rm. 201	6:15-6:45pm	HardCORE	Rm. 202	8-8:45pm	ZUMBA	Rm. 201
5-5:45pm	Cycle	Rm. 203	6:15-7pm	Pilates	Rm. 127	8:15-9:15 pm	Restorative Yoga	Rm. 127

TUESDAY

12-12:45pm	Cycle	Rm. 203	5:15-6pm	Blacklight Ride	Rm. 203	7:15-8pm	ZUMBA	Rm. 201
4-4:45pm	ZUMBA	Rm. 201	6-6:45pm	Yoga Strength	Rm. 127	7:30-8:30pm	Restorative Yoga	Rm. 127
4:15-5pm	Cycle	Rm. 203	6:15-6:45pm	Upper Body Burnout	Rm. 202	8:15-9pm	Hip Hop Step	Rm. 201
4:30-5pm	HardCORE	Rm. 202	6:15-7pm	Kickboxing	Rm. 201			
5-5:45pm	Yoga	Rm. 127	6:30-7:15pm	Cycle	Rm. 203			
5:15-6pm	Total Body Strength	Rm. 201	7-7:45pm	Barre	Rm. 202			

WEDNESDAY

7-7:30am	HIIT Total Body Exp.	Rm. 201	5-5:50pm	INSANITY	Rm. 201	7:15-7:45pm	HardCORE	Rm. 202
12-1pm	Yoga	Rm. 201	6-6:45pm	Blacklight Ride	Rm. 203	7:15-8pm	Ashtanga Yoga	Rm. 127
4-4:45pm	Total Body Strength	Rm. 201	6-6:45pm	Barre	Rm. 202	7:15-8pm	ZUMBA	Rm. 201
5-5:30pm	Lower Body Burnout	Rm. 202	6-7pm	Yoga	Rm. 127	8:15-9:15pm	Restorative Yoga	Rm. 127
5-5:45pm	Pilates	Rm. 127	6:15-7pm	Kickboxing	Rm. 201			
5-5:45pm	Cycle	Rm. 203	7-7:45pm	Cycle	Rm. 203			

THURSDAY

12-12:45pm	Cycle	Rm. 203	5:15-6pm	Blacklight Ride	Rm. 203	6:45-7:30pm	Hip Hop Step	Rm. 201
4-4:45pm	Cycle	Rm. 203	5:15-6pm	Total Body Strength	Rm. 201	7:30-8:30pm	Restorative Yoga	Rm. 127
4:10-5pm	INSANITY	Rm. 201	5:45-6:30pm	Yoga Strength	Rm. 127	7:45-8:30pm	ZUMBA	Rm.201
4:30-5pm	Upper Body Burnout	Rm. 202	6:15-6:45pm	HardCORE	Rm.202			
4:30-5:30pm	Yoga	Rm. 127	6:15-7pm	Cycle	Rm. 203			

FRIDAY

12-12:45pm	Total Body Strength	Rm. 201	2:30-3:15pm	HIIT Total Body	Rm. 202	3:30-4:30pm	Yoga	Rm. 201
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SATURDAY

10:15-11am	Cycle	Rm. 203	12:15-1:15pm	Cycle	Rm. 203
12:15-1pm	HIIT Total Body	Rm. 201	6-7pm	Yoga	Rm. 127

SUNDAY



CAMPUS RECREATION
 Illinois State University
 (309) 438-PLAY
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Class times were accurate at time of printing. Check the Fitness section of the website for the most up-to-date information.

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