

SUMMER 2026

FACULTY/STAFF GROUP FITNESS SCHEDULE

MONDAY

YOGA FLOW: 12 - 12:45PM • ROOM 127

TUESDAY

PILATES: 12:15 - 1PM • ROOM 127

WEDNESDAY

YOGA FLOW: 12 - 12:45PM • ROOM 127

THURSDAY

PILATES: 12:15 - 1PM • ROOM 127

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- 👉 REGISTER AT REDBIRDREC.ILLINOISSTATE.EDU.
 - 👉 SCHEDULE RUNS MONDAY, MAY 4 - FRIDAY, AUGUST 14.
 - 👉 NO CLASSES ON UNIVERSITY CLOSURES.
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CAMPUS RECREATION
Illinois State University