

# GROUP FITNESS SCHEDULE

FINALS WEEK

## MONDAY, DECEMBER 8

**PILATES:** 7 – 7:45AM • ROOM 201  
**TOTAL BODY STRENGTH:** 12 – 12:45PM • ROOM 201  
**GYM FLOOR CIRCUIT:** 1 – 1:50PM • FITNESS 1  
**CYCLE:** 5 – 5:45PM • ROOM 203  
**TOTAL BODY STRENGTH:** 5 – 5:45PM • ROOM 201  
**BARRE TO THE BEAT:** 5 – 5:45PM • ROOM 202  
**YOGA FLOW:** 5 – 5:45PM • ROOM 127  
**CARDIO CIRCUIT:** 6 – 6:30PM • ROOM 201  
**CYCLE:** 6 – 6:45PM • ROOM 203  
**PILATES:** 6 – 6:45PM • ROOM 127  
**ZUMBA:** 7 – 7:45PM • ROOM 201

## TUESDAY, DECEMBER 9

**SUNRISE YOGA:** 6:30 – 7:15AM • ROOM 201  
**YOGA FLOW:** 12 – 12:45PM • ROOM 201  
**CARDIO KICKBOXING:** 5 – 5:45PM • ROOM 202  
**PILATES:** 5 – 5:45PM • ROOM 127  
**TOTAL BODY STRENGTH:** 6 – 6:45PM • ROOM 201  
**CYCLE:** 6 – 6:45PM • ROOM 203  
**BARRE TO THE BEAT:** 6 – 6:45PM • ROOM 202  
**CYCLE:** 7 – 7:45PM • ROOM 203  
**POP UP: HIP HOP STEP:** 7 – 7:45PM • ROOM 201  
**RESTORATIVE YOGA:** 7 – 8PM • ROOM 127  
**PADDLEBOARD YOGA:** 8 – 8:45PM • POOL

## WEDNESDAY, DECEMBER 10

**HARDCORE:** 7:15 – 7:45AM • ROOM 201  
**TOTAL BODY STRENGTH:** 12 – 12:45PM • ROOM 201  
**GYM FLOOR CIRCUIT:** 1 – 1:50PM • FITNESS 1  
**CYCLE:** 5 – 5:45PM • ROOM 203  
**BARRE TO THE BEAT:** 5 – 5:45PM • ROOM 202  
**YOGA FLOW:** 5 – 5:45PM • ROOM 127  
**CARDIO CIRCUIT:** 6 – 6:30PM • ROOM 201  
**YOGA FLOW:** 6 – 6:45PM • ROOM 127  
**ZUMBA:** 7 – 7:45PM • ROOM 201

## THURSDAY, DECEMBER 11

**SUNRISE YOGA:** 6:30 – 7:15AM • ROOM 201  
**CARDIO CIRCUIT:** 5 – 5:30PM • ROOM 201  
**CARDIO KICKBOXING:** 5 – 5:45PM • ROOM 202  
**PILATES:** 5 – 5:45PM • ROOM 127  
**TOTAL BODY STRENGTH:** 6 – 6:45PM • ROOM 201  
**CYCLE:** 6 – 6:45PM • ROOM 203  
**ZUMBA:** 6 – 6:45PM • ROOM 127  
**CYCLE:** 7 – 7:45PM • ROOM 203  
**BARRE TO THE BEAT:** 7 – 7:45PM • ROOM 202  
**RESTORATIVE YOGA:** 7 – 8PM • ROOM 127

NO CLASSES WILL BE OFFERED FROM FRIDAY, DECEMBER 12 – SUNDAY, JANUARY 11.  
SPRING 2026 CLASSES WILL BEGIN ON MONDAY, JANUARY 12.



CAMPUS RECREATION  
Illinois State University