FALL 2026

GROUP FITNESS

SCHEDULE RUNS AUGUST 17 - DECEMBER 4

MONDAY

PILATES: 7 - 7:45 AM · ROOM 201
GROUP POWER: 12 - 12:45 PM · ROOM 201
GROUP POWER: 5 - 6 PM · ROOM 201
BARRE TO THE BEAT: 5 - 5:45 PM · ROOM 202
CYCLE: 5 - 5:45 PM · ROOM 203
YOGA FLOW: 5 - 5:45 PM · ROOM 127
***FITNESS FUNDAMENTALS:** 5:30 - 6:30 PM · ROOM 103G
HIIT: 6:15 - 6:45 PM · ROOM 201
CYCLE: 6 - 6:45 PM · ROOM 203
PILATES: 6 - 6:45 PM · ROOM 127
ZUMBA: 7 - 7:45 PM · ROOM 201
CYCLE: 7 - 7:45 PM · ROOM 203
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127

TUESDAY

SUNRISE YOGA: 6:30 - 7:15 AM · ROOM 201
CYCLE: 12 - 12:30 PM · ROOM 203
GROUP CENTERGY: 3:45 - 4:45 PM · ROOM 127
TOTAL BODY STRENGTH: 5 - 5:45 PM · ROOM 201
CYCLE: 5 - 5:45 PM · ROOM 203
PILATES: 5 - 5:45 PM · ROOM 127
ZUMBA: 6 - 6:45 PM · ROOM 201
BARRE TO THE BEAT: 6 - 6:45 PM · ROOM 202
CYCLE: 6 - 6:45 PM · ROOM 203
YOGA FLOW: 6 - 6:45 PM · ROOM 127
PILATES: 7 - 7:45 PM · ROOM 201
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127

WEDNESDAY

PILATES: 7 - 7:45 AM · ROOM 201
TOTAL BODY STRENGTH: 12 - 12:45 PM · ROOM 201
GROUP POWER: 5 - 6 PM · ROOM 201
BARRE TO THE BEAT: 5 - 5:45 PM · ROOM 202
CYCLE: 5 - 5:45 PM · ROOM 203
YOGA FLOW: 5 - 5:45 PM · ROOM 127
HIP-HOP STEP: 6:15 - 7 PM · ROOM 201
HIIT: 6 - 6:30 PM · ROOM 202
CYCLE: 6 - 6:45 PM · ROOM 203
PILATES: 6 - 6:45 PM · ROOM 127
GROUP CENTERGY: 6:45 - 7:45PM · ROOM 202
ZUMBA: 7:15 - 8 PM · ROOM 201
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127

THURSDAY

SUNRISE YOGA: 6:30 - 7:15 AM · ROOM 201
CARDIO CIRCUIT: 12 - 12:30 PM · ROOM 201
GROUP POWER: 5 - 5:45 PM · ROOM 201
CARDIO CIRCUIT: 5:15 - 5:45 PM · ROOM 202
PILATES: 5 - 5:45 PM · ROOM 127
CYCLE: 5 - 5:45 PM · ROOM 203
ZUMBA: 6 - 6:45 PM · ROOM 201
BARRE TO THE BEAT: 6 - 6:45 PM · ROOM 202
YOGA FLOW: 6 - 6:45 PM · ROOM 127
GROUP POWER: 7 - 7:45 PM · ROOM 201
PILATES: 7 - 7:45 PM · ROOM 202
CYCLE: 7 - 7:45 PM · ROOM 203
RESTORATIVE YOGA: 7 - 8PM · ROOM 127

FRIDAY

CYCLE: 7 - 7:45AM · ROOM 203
GROUP POWER: 12 PM - 12:30 PM · ROOM 201
PILATES: 12:45 - 1:30PM · ROOM 201
YOGA FLOW: 4:30 - 5:15PM · ROOM 201

SATURDAY

GROUP CENTERGY: 10:15 - 11:15 AM · ROOM 127
CYCLE: 10:30 - 11:15AM · ROOM 203
GROUP POWER: 11:30AM - 12:30PM · ROOM 201

SUNDAY

PILATES: 5 - 5:45PM · ROOM 201

- SCHEDULE IS SUBJECT TO CHANGE
- *OFFERED THE FIRST SEVEN WEEKS, EXCLUDING LABOR DAY

CAMPUS RECREATION
Illinois State University