

# SUMMER 2026

# **GROUP FITNESS SCHEDULE**

## **MONDAY**

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**CYCLE: 12 - 12:45PM · ROOM 203**

## **TUESDAY**

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**BARRE TO THE BEAT: 12 - 12:45PM · ROOM 202**

**TOTAL BODY STRENGTH: 4:30 - 5:15PM · ROOM 201**

## **WEDNESDAY**

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**GROUP POWER: 11:30 AM - 12:00PM · ROOM 201**

## **THURSDAY**

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**PILATES: 4:30 - 5:15PM · ROOM 201**

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- 👉 REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](http://REDBIRDREC.ILLINOISSTATE.EDU).**
  - 👉 SCHEDULE RUNS TUESDAY, MAY 26 - FRIDAY, AUGUST 14**
  - 👉 NO CLASSES ON UNIVERSITY CLOSURES.**
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