

# FINALS WEEK

## GROUP FITNESS SCHEDULE

### MONDAY, MAY 5

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**CARDIO CIRCUIT:** 6:30 - 7AM • ROOM 201  
**CARDIO KICKBOXING:** 5 - 5:45PM • ROOM 202  
**PILATES POWER HOUR:** 6 - 6:45PM • ROOM 127  
**CANDLELIGHT YOGA:** 7 - 7:45PM • ROOM 201  
**SENSORY CYCLE:** 7 - 7:45PM • ROOM 203  
**ZUMBA INSTRUCTOR MASH UP:** 8 - 8:45PM • ROOM 201

### TUESDAY, MAY 6

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**PILATES POWER HOUR:** 7 - 7:45AM • ROOM 127  
**CARDIO CIRCUIT:** 5 - 5:30PM • ROOM 201  
**BARRE TO THE BEAT:** 6 - 6:45PM • ROOM 202  
**SING ALONG CYCLE:** 7 - 7:45PM • ROOM 203  
**PADDLEBOARD YOGA:** 8 - 8:45PM • POOL

### WEDNESDAY, MAY 7

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**SUNRISE YOGA:** 6:30 - 7:15AM • ROOM 201  
**SING ALONG CYCLE:** 5 - 5:45PM • ROOM 203  
**PILATES POWER HOUR:** 6 - 6:45PM • ROOM 127  
**CANDLELIGHT YOGA:** 7 - 7:45PM • ROOM 201  
**ZUMBA INSTRUCTOR MASHUP:** 8 - 8:45PM • ROOM 201



- REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](http://REDBIRDREC.ILLINOISSTATE.EDU).
- SUMMER GROUP FITNESS SCHEDULE BEGINS ON MONDAY, MAY 19.
- NO CLASSES ON UNIVERSITY CLOSURES.



CAMPUS RECREATION  
Illinois State University