

GROUP FITNESS SCHEDULE

SUMMER 2025

MONDAY

CARDIO CIRCUIT: 12 - 12:30PM • FITNESS 1

TUESDAY

CYCLE: 12 - 12:45PM • ROOM 203

WEDNESDAY

ZUMBA: 12 - 12:45PM • ROOM 201

THURSDAY

BARRE TO THE BEAT: 12 - 12:45PM • ROOM 202

FRIDAY

NO CLASSES

SATURDAY

NO CLASSES

SUNDAY

NO CLASSES



- PRE-REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](https://redbirdrec.illinoisstate.edu).
- SCHEDULE RUNS MAY 19 - AUGUST 14
- NO CLASSES ON UNIVERSITY CLOSURES.



CAMPUS RECREATION
Illinois State University