

FINALS WEEK SPRING 2026

GROUP FITNESS SCHEDULE

MONDAY, MAY 4:

PILATES: 7 - 7:45 AM · ROOM 201
GROUP POWER: 12 - 1 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
HIIT: 6 - 6:30 PM · ROOM 202
CYCLE: 6 - 6:45 PM · ROOM 203
PILATES: 6 - 6:45 PM · ROOM 127
TOTAL BODY STRENGTH: 7:15 - 8 PM · ROOM 202
ZUMBA: 7:15 - 8 PM · ROOM 201
CYCLE: 7 - 7:45 PM · ROOM 203
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127

TUESDAY, MAY 5:

SUNRISE YOGA: 6:30 - 7:15 AM · ROOM 201
ZUMBA: 5 - 5:45 PM · ROOM 201
KICKBOXING CIRCUIT: 5 - 5:45 PM · ROOM 202
PILATES: 5 - 5:45 PM · ROOM 127
**TOTAL BODY STRENGTH &
PILATES MASH-UP:** 6 - 6:45 PM · ROOM 201
BARRE TO THE BEAT: 6 - 6:45 PM · ROOM 202
CYCLE: 6 - 6:45 PM · ROOM 203
CYCLE: 7 - 7:45 PM · ROOM 203
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127
PADDLEBOARD YOGA: 8 - 8:45 PM · POOL

WEDNESDAY, MAY 6:

PILATES: 7 - 7:45 AM · 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
CYCLE: 6 - 6:45 PM · ROOM 203
PILATES: 6 - 6:45 PM · ROOM 127
ZUMBA: 7:15 - 8 PM · ROOM 201
RESTORATIVE YOGA: 7 - 8 PM · ROOM 127

THURSDAY, MAY 7:

SUNRISE YOGA: 6:30 - 7:15 AM · ROOM 201
CARDIO CIRCUIT: 5:15 - 5:45 PM · ROOM 202
PILATES: 5 - 5:45 PM · ROOM 127
BARRE TO THE BEAT: 6 - 6:45 PM · ROOM 202
YOGA FLOW: 6 - 6:45 PM · ROOM 127

FRIDAY, MAY 8:

CYCLE: 7 - 7:45 AM · ROOM 203

- REGISTER AT REDBIRDREC.ILLINOISSTATE.EDU.
- NO GROUP FITNESS CLASSES* SATURDAY, MAY 9 - MONDAY, MAY 25.
- SUMMER GROUP FITNESS CLASSES WILL BEGIN ON TUESDAY, MAY 26.

*FACULTY/STAFF ONLY CLASSES WILL RESUME MONDAY, MAY 11.



CAMPUS RECREATION
Illinois State University