

FACULTY/STAFF ONLY

GROUP FITNESS *SCHEDULE*

SPRING 2026

MONDAY

YOGA FLOW: 12:00 - 12:45 PM - ROOM 202

TUESDAY

PILATES: 12:15 - 1:00 PM - ROOM 202

WEDNESDAY

YOGA FLOW: 12:00 - 12:45 PM - ROOM 202

THURSDAY

PILATES: 12:15 - 1:00 PM - ROOM 202



REGISTER AT REDBIRDREC.ILLINOISSTATE.EDU.
SCHEDULE RUNS JANUARY 12 - MAY 3.
NO CLASSES ON UNIVERSITY CLOSURES.



CAMPUS RECREATION
Illinois State University