

FACULTY/STAFF ONLY

GROUP FITNESS SCHEDULE

FALL 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

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- REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](https://redbirdrec.illinoisstate.edu).
 - SCHEDULE RUNS AUGUST 17 - DECEMBER 4.
 - NO CLASSES ON UNIVERSITY CLOSURES.
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CAMPUS RECREATION
Illinois State University