

GROUP FITNESS SCHEDULE

FALL 2025

MONDAY

- **PILATES:** 7 - 7:45 A.M
- **TOTAL BODY STRENGTH:** 12 - 12:45 P.M
- **GYM FLOOR CIRCUIT:** 1:00 - 1:50 P.M
- **CYCLE:** 5 - 5:45 P.M
- **TOTAL BODY STRENGTH:** 5 - 5:45 P.M
- **BARRE TO THE BEAT:** 5 - 5:45 P.M
- **YOGA FLOW:** 5 - 5:45 P.M
- **FITNESS FUNDAMENTALS*:** 5 - 6 P.M
- **CARDIO CIRCUIT:** 6 - 6:30 P.M
- **CYCLE:** 6 - 6:45 P.M
- **PILATES:** 6 - 6:45 P.M
- **CYCLE:** 7 - 7:45 P.M
- **ZUMBA:** 7 - 7:45 P.M

TUESDAY

- **SUNRISE YOGA:** 6:30 - 7:15 A.M
- **YOGA FLOW:** 12 - 12:45 P.M
- **CARDIO CIRCUIT:** 5 - 5:30 P.M
- **CARDIO KICKBOXING:** 5 - 5:45 P.M
- **PILATES:** 5 - 5:45 P.M
- **TOTAL BODY STRENGTH:** 6 - 6:45 P.M
- **CYCLE:** 6 - 6:45 P.M
- **BARRE TO THE BEAT:** 6 - 6:45 P.M
- **CYCLE:** 7 - 7:45 P.M
- **CARDIO CIRCUIT:** 7 - 7:45 P.M
- **RESTORATIVE YOGA:** 7 - 8 P.M
- **PADDLEBOARD YOGA:** 8 - 8:45 P.M

WEDNESDAY

- **HARDCORE:** 7:15 - 7:45 A.M
- **TOTAL BODY STRENGTH:** 12 - 12:45 P.M
- **GYM FLOOR CIRCUIT:** 1:00 - 1:50 P.M
- **CYCLE:** 5 - 5:45 P.M
- **TOTAL BODY STRENGTH:** 5 - 5:45 P.M
- **BARRE TO THE BEAT:** 5 - 5:45 P.M
- **YOGA FLOW:** 5 - 5:45 P.M
- **CARDIO CIRCUIT:** 6 - 6:30 P.M
- **CYCLE:** 6 - 6:45 P.M
- **YOGA FLOW:** 6 - 6:45 P.M
- **CYCLE:** 7 - 7:45 P.M
- **ZUMBA:** 7 - 7:45 P.M

THURSDAY

- **SUNRISE YOGA:** 6:30 - 7:15 A.M
- **PILATES:** 12 - 12:45 P.M
- **CARDIO CIRCUIT:** 5 - 5:30 P.M
- **CARDIO KICKBOXING:** 5 - 5:45 P.M
- **PILATES:** 5 - 5:45 P.M
- **TOTAL BODY STRENGTH:** 6 - 6:45 P.M
- **CYCLE:** 6 - 6:45 P.M
- **ZUMBA:** 6 - 6:45 P.M
- **CYCLE:** 7 - 7:45 P.M
- **BARRE TO THE BEAT:** 7 - 7:45 P.M
- **RESTORATIVE YOGA:** 7 - 8 P.M

FRIDAY

- **ZUMBA:** 12 - 12:45 P.M
- **GYM FLOOR CIRCUIT:** 1:00 - 1:50 P.M

SATURDAY

- **CYCLE:** 10:30 - 11:15 A.M

SUNDAY

- **BARRE TO THE BEAT:** 5 - 5:45 P.M
- **ZUMBA:** 6 - 7 P.M

▪ CLASS TIMES AND LOCATIONS WILL BE ANNOUNCED IN AUGUST. SCHEDULE IS SUBJECT TO CHANGE.

**FITNESS FUNDAMENTALS IS ONLY AVAILABLE DURING THE FIRST 8-WEEKS OF THE SEMESTER. ONLY NEED TO ATTEND ONE SESSION.*



CAMPUS RECREATION
Illinois State University