

GROUP FITNESS SCHEDULE

FALL 2024

MONDAY

SUNRISE YOGA: 7 - 7:45AM · ROOM 201
ZUMBA STRONG: 12 - 12:45PM · ROOM 201
GYM FLOOR CIRCUIT: 1 - 1:45PM · FITNESS 1
CYCLE: 5 - 5:45PM · ROOM 203
TOTAL BODY STRENGTH: 5 - 5:45PM · ROOM 201
BARRE TO THE BEAT: 5 - 5:45PM · ROOM 202
YOGA FLOW: 5 - 5:45PM · ROOM 127
HIIT: 6 - 6:30PM · ROOM 201
CYCLE: 6 - 6:45PM · ROOM 203
PILATES: 6 - 6:45PM · ROOM 127
CYCLE: 7 - 7:45PM · ROOM 203
ZUMBA: 7 - 7:45PM · ROOM 201

TUESDAY

RISE AND RIDE: 6:30 - 7:15AM · ROOM 203
TOTAL BODY STRENGTH: 12 - 12:45PM · ROOM 201
HIIT: 5 - 5:30PM · ROOM 201
CARDIO KICKBOXING: 5 - 5:45PM · ROOM 202
PILATES: 5 - 5:45PM · ROOM 127
TOTAL BODY STRENGTH: 6 - 6:45PM · ROOM 201
CYCLE: 6 - 6:45PM · ROOM 203
PILATES: 6 - 6:45PM · ROOM 202
CYCLE: 7 - 7:45PM · ROOM 203
ZUMBA: 7 - 7:45PM · ROOM 201
RESTORATIVE YOGA: 7 - 8PM · ROOM 127
PADDLEBOARD YOGA: 8 - 8:45PM · POOL

WEDNESDAY

SUNRISE YOGA: 7 - 7:45AM · ROOM 201
PILATES: 12 - 12:45PM · ROOM 201
GYM FLOOR CIRCUIT: 1 - 1:45PM · FITNESS 1
CYCLE: 5 - 5:45PM · ROOM 203
TOTAL BODY STRENGTH: 5 - 5:45PM · ROOM 201
BARRE TO THE BEAT: 5 - 5:45PM · ROOM 202
YOGA FLOW: 5 - 5:45PM · ROOM 127
HIIT: 6 - 6:30PM · ROOM 201
CYCLE: 6 - 6:45PM · ROOM 203
PILATES: 6 - 6:45PM · ROOM 127
CYCLE: 7 - 7:45PM · ROOM 203
ZUMBA: 7 - 7:45PM · ROOM 201

THURSDAY

RISE AND RIDE: 6:30 - 7:15 · ROOM 203
CYCLE: 12 - 12:45PM · ROOM 203
HIIT: 5 - 5:30 · ROOM 201
CARDIO KICKBOXING: 5 - 5:45PM · ROOM 202
PILATES: 5 - 5:45PM · ROOM 127
TOTAL BODY STRENGTH: 6 - 6:45PM · ROOM 201
CYCLE: 6 - 6:45PM · ROOM 203
PILATES: 6 - 6:45PM · ROOM 202
CYCLE: 7 - 7:45PM · ROOM 203
ZUMBA: 7 - 7:45PM · ROOM 201
RESTORATIVE YOGA: 7 - 8PM · ROOM 127

FRIDAY

PILATES: 11 - 11:45AM · ROOM 201
YOGA FLOW: 12 - 12:45PM · ROOM 201
GYM FLOOR CIRCUIT: 1 - 1:45PM · FITNESS 1

SATURDAY

CYCLE: 10:30 - 11:15AM · ROOM 203

SUNDAY

PILATES: 5 - 5:45PM · ROOM 127
RESTORATIVE YOGA: 6 - 7PM · ROOM 127

- REGISTER AT REDBIRDREC.ILLINOISSTATE.EDU.
- SCHEDULE RUNS FROM AUG. 19 THROUGH DEC. 6.
- NO CLASSES ON UNIVERSITY CLOSURES.



CAMPUS RECREATION
Illinois State University