

# GROUP FITNESS SCHEDULE

SPRING 2025

## MONDAY

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**SUNRISE YOGA:** 7 - 7:45AM · ROOM 201  
**CARDIO CIRCUIT:** 12 - 12:30PM · ROOM 201  
**TOTAL BODY STRENGTH:** 5 - 5:45PM · ROOM 201  
**BARRE TO THE BEAT:** 5 - 5:45PM · ROOM 202  
**YOGA FLOW:** 5 - 5:45PM · ROOM 127  
**CARDIO CIRCUIT:** 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

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**PILATES:** 7 - 7:45AM · ROOM 201  
**GYM FLOOR CIRCUIT:** 12:30 - 1:20PM · FITNESS 1  
**CARDIO CIRCUIT:** 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  
**BARRE TO THE BEAT:** 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

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**SUNRISE YOGA:** 7 - 7:45AM · ROOM 201  
**YOGA FLOW:** 12 - 12:45PM · ROOM 201  
**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  
**CARDIO CIRCUIT:** 6 - 6:30PM · ROOM 201  
**CYCLE:** 6 - 6:45PM · ROOM 203  
**PILATES:** 6 - 6:45PM · ROOM 127  
**PILATES:** 7 - 7:45PM · ROOM 127  
**ZUMBA:** 7 - 7:45PM · ROOM 201

## THURSDAY

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**CARDIO CIRCUIT:** 6:30 - 7:00AM · ROOM 201  
**GYM FLOOR CIRCUIT:** 12:30 - 1:20PM · FITNESS 1  
**CARDIO CIRCUIT:** 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  
**BARRE TO THE BEAT:** 6 - 6:45PM · ROOM 202  
**CYCLE:** 7 - 7:45PM · ROOM 203  
**ZUMBA:** 7 - 7:45PM · ROOM 201  
**RESTORATIVE YOGA:** 7 - 8PM · ROOM 127

## FRIDAY

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**ZUMBA:** 11 - 11:45AM · ROOM 201  
**PILATES:** 12 - 12:45PM · ROOM 201  
**YOGA FLOW:** 1 - 1:45PM · ROOM 201

## SATURDAY

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**CYCLE:** 10:30 - 11:15AM · ROOM 203

## SUNDAY

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

- PRE-REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](http://REDBIRDREC.ILLINOISSTATE.EDU).
- SCHEDULE RUNS FROM JAN. 13 THROUGH MAY. 3.
- NO CLASSES ON UNIVERSITY CLOSURES.



CAMPUS RECREATION  
Illinois State University