

FALL 2026

# GROUP FITNESS SCHEDULE

## MONDAY

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**PILATES:** 7 - 7:45 AM · ROOM 201  
**GROUP POWER:** 12 - 12:45 PM · ROOM 201  
**GROUP POWER:** 5 - 6 PM · ROOM 201  
**BARRE TO THE BEAT:** 5 - 5:45 PM · ROOM 202  
**CYCLE:** 5 - 5:45 PM · ROOM 203  
**YOGA FLOW:** 5 - 5:45 PM · ROOM 127  
**\*FITNESS FUNDAMENTALS:** 5 - 6 PM · ROOM 103G  
**HIIT:** 6:15 - 6:45 PM · ROOM 201  
**CYCLE:** 6 - 6:45 PM · ROOM 203  
**PILATES:** 6 - 6:45 PM · ROOM 127  
**ZUMBA:** 7 - 7:45 PM · ROOM 201  
**CYCLE:** 7 - 7:45 PM · ROOM 203  
**RESTORATIVE YOGA:** 7 - 8 PM · ROOM 127

## TUESDAY

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**SUNRISE YOGA:** 6:30 - 7:15 AM · ROOM 201  
**CYCLE:** 12 - 12:30 PM · ROOM 203  
**TOTAL BODY STRENGTH:** 5 - 5:45 PM · ROOM 201  
**CYCLE:** 5 - 5:45 PM · ROOM 203  
**PILATES:** 5 - 5:45 PM · ROOM 127  
**ZUMBA:** 6 - 6:45 PM · ROOM 201  
**BARRE TO THE BEAT:** 6 - 6:45 PM · ROOM 202  
**CYCLE:** 6 - 6:45 PM · ROOM 203  
**YOGA FLOW:** 6 - 6:45 PM · ROOM 127  
**PILATES:** 7 - 7:45 PM · ROOM 201  
**RESTORATIVE YOGA:** 7 - 8 PM · ROOM 127  
**PADDLEBOARD YOGA:** 8 - 8:45 PM · POOL

## WEDNESDAY

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**PILATES:** 7 - 7:45 AM · ROOM 201  
**TOTAL BODY STRENGTH:** 12 - 12:45 PM · ROOM 201  
**GROUP POWER:** 5 - 6 PM · ROOM 201  
**BARRE TO THE BEAT:** 5 - 5:45 PM · ROOM 202  
**CYCLE:** 5 - 5:45 PM · ROOM 203  
**YOGA FLOW:** 5 - 5:45 PM · ROOM 127  
**HIP-HOP STEP:** 6:15 - 7 PM · ROOM 201  
**HIIT:** 6 - 6:30 PM · ROOM 202  
**CYCLE:** 6 - 6:45 PM · ROOM 203  
**PILATES:** 6 - 6:45 PM · ROOM 127  
**ZUMBA:** 7:15 - 8 PM · ROOM 201  
**RESTORATIVE YOGA:** 7 - 8 PM · ROOM 127

## THURSDAY

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**SUNRISE YOGA:** 6:30 - 7:15 AM · ROOM 201  
**CARDIO CIRCUIT:** 12 - 12:30 PM · ROOM 201  
**GROUP POWER:** 5 - 5:45 PM · ROOM 201  
**CARDIO CIRCUIT:** 5:15 - 5:45 PM · ROOM 202  
**PILATES:** 5 - 5:45 PM · ROOM 127  
**ZUMBA:** 6 - 6:45 PM · ROOM 201  
**BARRE TO THE BEAT:** 6 - 6:45 PM · ROOM 202  
**CYCLE:** 6 - 6:45 PM · ROOM 203  
**YOGA FLOW:** 6 - 6:45 PM · ROOM 127  
**GROUP POWER:** 7 - 7:45 PM · ROOM 201  
**PILATES:** 7 - 7:45 PM · ROOM 202  
**CYCLE:** 7 - 7:45 PM · ROOM 203  
**RESTORATIVE YOGA:** 7 - 8 PM · ROOM 127

## FRIDAY

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**CYCLE:** 7 - 7:45 AM · ROOM 203  
**GROUP POWER:** 12 PM - 12:30 PM · ROOM 201  
**PILATES:** 12:45 - 1:30 PM · ROOM 201  
**YOGA FLOW:** 4:30 - 5:15 PM · ROOM 201

## SATURDAY

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**CYCLE:** 10:30 - 11:15 AM · ROOM 203  
**GROUP POWER:** 11:30 AM - 12:30 PM · ROOM 201

## SUNDAY

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**PILATES:** 5 - 5:45 PM · ROOM 201

- ▶ REGISTER AT [REDBIRDREC.ILLINOISSTATE.EDU](http://REDBIRDREC.ILLINOISSTATE.EDU).
- ▶ SCHEDULE RUNS AUGUST 17 - DECEMBER 4.
- ▶ SCHEDULE IS SUBJECT TO CHANGE.
- ▶ NO CLASSES ON UNIVERSITY CLOSURES.
- ▶ \*FITNESS FUNDAMENTALS WILL ONLY BE OFFERED FOR THE FIRST 6 WEEKS OF THE SEMESTER.

