

SPRING 2026

GROUP FITNESS SCHEDULE

MONDAY

PILATES: 7 - 7:45 AM • ROOM 201
TOTAL BODY STRENGTH: 12 - 1 PM • ROOM 201
TOTAL BODY STRENGTH: 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
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
TOTAL BODY STRENGTH: 7:15 - 8 PM • ROOM 202
ZUMBA: 7:15 - 8 PM • ROOM 201
CYCLE: 7 - 7:45 PM • ROOM 203
RESTORATIVE YOGA: 7 - 8 PM • ROOM 127

TUESDAY

SUNRISE YOGA: 6:30 - 7:15 AM • ROOM 201
YOGA FLOW: 12 - 12:45 PM • ROOM 201
ZUMBA: 5 - 5:45 PM • ROOM 201
KICKBOXING CIRCUIT: 5 - 5:45 PM • ROOM 202
CYCLE: 5 - 5:45 PM • ROOM 203
PILATES: 5 - 5:45 PM • ROOM 127
TOTAL BODY STRENGTH: 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

PILATES: 7 - 7:45 AM • ROOM 201
TOTAL BODY STRENGTH: 12 - 1 PM • ROOM 201
TOTAL BODY STRENGTH: 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
CYCLE: 7 - 7:45 PM • ROOM 203
RESTORATIVE YOGA: 7 - 8 PM • ROOM 127

THURSDAY

SUNRISE YOGA: 6:30 - 7:15 AM • ROOM 201
ZUMBA: 12 - 12:45 PM • ROOM 201
HIP-HOP STEP: 5 - 5:45 PM • ROOM 201
CARDIO CIRCUIT: 5:15 - 5:45 PM • ROOM 202
PILATES: 5 - 5:45 PM • ROOM 127
TOTAL BODY STRENGTH: 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
CYCLE: 6 - 6:45 PM • ROOM 203
RESTORATIVE YOGA: 7 - 8 PM • ROOM 127

FRIDAY

CYCLE: 7 - 7:45 AM • ROOM 203
PILATES: 12:45 - 1:30 PM • ROOM 201
YOGA FLOW: 4:30 - 5:15 PM • ROOM 201

SATURDAY

CYCLE: 10:30 - 11:15 AM • ROOM 203
TOTAL BODY STRENGTH: 11:30 AM - 12:30 PM • ROOM 201

SUNDAY

ZUMBA: 5 - 5:45 PM • ROOM 201



REGISTER AT REDBIRDREC.ILLINOISSTATE.EDU.



SCHEDULE RUNS JANUARY 12 - MAY 3.



NO CLASSES ON UNIVERSITY CLOSURES.



*FITNESS FUNDAMENTALS WILL ONLY BE OFFERED FOR THE FIRST 6 WEEKS OF THE SEMESTER.



CAMPUS RECREATION
Illinois State University