

# Group Fitness Schedule Spring 2023

January 17th - May 5th



CAMPUS  
RECREATION  
Illinois State University

There are no classes scheduled for Saturdays.

## MONDAY

Sunrise Yoga 7:00 a.m. - 7:45 a.m. Room 201  
Pilates 12:00 p.m. - 12:45 p.m. Room 201  
Cycle 5:00 p.m. - 5:45 p.m. Room 203  
Total Body Strength 5:00 p.m. - 5:45 p.m. Room 201  
Kettlebell Strong 6:00 p.m. - 6:45 p.m. Room 201  
Yoga Flow 6:15 p.m. - 7:00 p.m. Room 127  
Cycle 6:30 p.m. - 7:15 p.m. Room 203  
Zumba 7:00 p.m. - 7:45 p.m. Room 201  
Restorative Yoga 7:30 p.m. - 8:30 p.m. Room 127  
Zumba 8:00 p.m. - 8:45 p.m. Room 201

## WEDNESDAY

Rise and Ride 6:30 a.m. - 7:15 a.m. Room 203  
Yoga Flow 12:00 p.m. - 12:45 p.m. Room 201  
Yoga Flow 5:00 p.m. - 5:45 p.m. Room 127  
Total Body Strength 5:00 p.m. - 5:45 p.m. Room 201  
Cycle 5:30 p.m. - 6:15 p.m. Room 203  
HIIT 6:00 p.m. - 6:45 p.m. Room 201  
Barre to the Beat 6:30 p.m. - 7:15 p.m. Room 202  
Cycle 6:30 p.m. - 7:15 p.m. Room 203  
Restorative Yoga 7:00 p.m. - 8:00 p.m. Room 127  
Zumba 8:00 p.m. - 8:45 p.m. Room 201

## FRIDAY

Zumba 11:00 a.m. - 11:45 a.m. Room 201  
Yoga Flow 12:00 p.m. - 12:45 p.m. Room 201  
HIIT 1:00 p.m. - 1:45 p.m. Room 201

## TUESDAY

Rise and Ride 6:30 a.m. - 7:15 a.m. Room 203  
HIIT 12:00 p.m. - 12:45 p.m. Room 201  
Kettlebell Strong 5:00 p.m. - 5:45 p.m. Room 201  
Total Body Strength 6:00 p.m. - 6:45 p.m. Room 201  
Yoga Sculpt 6:00 p.m. - 6:45 p.m. Room 127  
Cycle 6:00 p.m. - 6:45 p.m. Room 203  
Barre to the Beat 6:30 p.m. - 7:15 p.m. Room 202  
Cycle 7:00 p.m. - 7:45 p.m. Room 203  
Yoga Flow 7:00 p.m. - 7:45 p.m. Room 127  
Zumba 7:00 p.m. - 7:45 p.m. Room 201  
Zumba 8:00 p.m. - 8:45 p.m. Room 201  
Restorative Yoga 8:00 p.m. - 9:00 p.m. Room 127

## THURSDAY

Sunrise Yoga 7:00 a.m. - 7:45 a.m. Room 201  
Pilates 12:00 p.m. - 12:45 p.m. Room 201  
Total Body Strength 5:30 p.m. - 6:15 p.m. Room 201  
Cycle 6:00 p.m. - 6:45 p.m. Room 203  
Yoga Flow 6:00 p.m. - 6:45 p.m. Room 127  
HIIT 6:30 p.m. - 7:15 p.m. Room 201  
Barre to the Beat 6:30 p.m. - 7:15 p.m. Room 202  
Cycle 7:00 p.m. - 7:45 p.m. Room 203  
Restorative Yoga 7:00 p.m. - 8:00 p.m. Room 127  
Zumba 8:00 p.m. - 8:45 p.m. Room 201

## SUNDAY

Total Body Strength 5:00 p.m. - 5:45 p.m. Room 201  
Restorative Yoga 6:00 p.m. - 7:00 p.m. Room 127

There are no classes scheduled  
March 11th - March 19th.



# Scan Me!