

FITNESS CLASS SCHEDULE



FALL SEMESTER 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30-7:20 AM	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	TRX BLAST <i>LIED 3RD FLOOR</i>	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	TRX BLAST <i>LIED 3RD FLOOR</i>		
7:00-7:50 AM	SUNRISE YOGA <i>STATE 2218</i>	SUNRISE YOGA <i>STATE 2218</i>	SUNRISE YOGA <i>STATE 2218</i>	SUNRISE YOGA <i>STATE 2218</i>	FRIDAY	
11:10-11:50 AM		BARRE <i>STATE 2121</i>		BARRE <i>STATE 2121</i>	11:10-11:50 AM	POWER BARRE <i>STATE 2121</i>
12:10-12:50 PM	BARRE <i>STATE 2121</i>		BARRE <i>STATE 2121</i>		12:10-12:50 PM	YOGA SCULPT <i>STATE 2218</i>
	YOGA <i>STATE 2218</i>	WELLNESS YOGA <i>STATE 2218</i>	YOGA FLOW <i>STATE 2218</i>	WELLNESS YOGA <i>STATE 2218</i>	12:10-12:50 PM	CYCLONE CIRCUIT <i>BEYER 2420</i>
	CYCLONE CIRCUIT <i>BEYER 2420</i>	CYZONE+ <i>STATE 2185</i>	CYCLONE CIRCUIT <i>BEYER 2420</i>	CYZONE+ <i>STATE 2185</i>	4:15-5:05 PM	CYCLE FIT <i>STATE 2185</i>
4:15-5:05 PM	CYCLE FIT <i>STATE 2185</i>	YOGA <i>STATE 2112</i>	CYCLE FIT <i>STATE 2185</i>	YOGA <i>STATE 2112</i>	3:30-4:20 PM	JUMP FITNESS <i>STATE 2218</i>
4:30-5:20 PM	KETTLEBELLS <i>BEYER 2420</i>	CYCLONE CIRCUIT <i>BEYER 2420</i>	KETTLEBELLS <i>BEYER 2420</i>	CYCLONE CIRCUIT <i>BEYER 2420</i>		
	JUMP FITNESS <i>STATE 2218</i>	CARDIO KICKBOXING <i>STATE 2218</i>	CYCLONE CIRCUIT <i>STATE 2218</i>		SATURDAY	
	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	9:00-9:50 AM	YOGA <i>STATE 2218</i>
5:15-6:05 PM	YOGA <i>STATE 2112</i>	YOGA <i>STATE 2112</i>	YOGA <i>STATE 2112</i>	YOGA <i>STATE 2112</i>	10:00-10:50 AM	DANCE PARTY <i>STATE 2218</i>
	CYCLE FIT <i>STATE 2185</i>	CYZONE+ <i>STATE 2185</i>	CYCLE FIT <i>STATE 2185</i>	CYZONE+ <i>STATE 2185</i>	10:00-10:50 AM	BOOT CAMP <i>BEYER 2420</i>
5:30-6:00 PM	HIIT IT! <i>STATE 1218</i>		HIIT IT! <i>STATE 1218</i>			
5:30-6:20 PM	AQUA AGILITY <i>STATE GYM POOL</i>	AQUA BARRE <i>STATE GYM POOL</i>	AQUA AGILITY <i>STATE GYM POOL</i>	AQUA BARRE <i>STATE GYM POOL</i>	SUNDAY	
	PILATES <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	PILATES <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	5:00-5:30 PM	COMPLETE CORE! <i>STATE 2218</i>
	DANCE PARTY <i>STATE 2218</i>	ZUMBA <i>STATE 2218</i>	HIP HOP <i>STATE 2218</i>	DANCE PARTY <i>STATE 2218</i>	5:45-6:15 PM	HIIT IT! <i>STATE 2218</i>
	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	BOXING CIRCUIT <i>LIED BOXING STUDIO</i>	6:15-7:05 PM	CYZONE+ <i>STATE 2185</i>
	CROSS TRAINING FITNESS <i>BEYER 2420</i>	CROSS TRAINING FITNESS <i>BEYER 2420</i>	CROSS TRAINING FITNESS <i>BEYER 2420</i>	CROSS TRAINING FITNESS <i>BEYER 2420</i>	6:15-7:05 PM	YOGA <i>STATE 2112</i>
6:15-6:45 PM	COMPLETE CORE! <i>STATE 1218</i>		COMPLETE CORE! <i>STATE 1218</i>		6:30-7:20 PM	BARRE <i>STATE 2121</i>
6:15-7:05 PM		CYCLE FIT <i>STATE 2185</i>		CYCLE FIT <i>STATE 2185</i>	6:30-7:20 PM	ZUMBA <i>STATE 2218</i>
		YOGA <i>STATE 2112</i>		YOGA FLOW <i>STATE 2112</i>		
6:15-7:30 PM (75 MIN)	RESTORATIVE YOGA <i>STATE 2112</i>		YOGA FLOW <i>STATE 2112</i>			
6:30-7:20 PM	BARRE <i>STATE 2121</i>	PILATES <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	PILATES <i>STATE 2121</i>		
	CYCLONE SCULPT <i>STATE 2218</i>	CYCLONE SCULPT <i>STATE 2218</i>	JUMP FITNESS <i>STATE 2218</i>	CYCLONE SCULPT <i>STATE 2218</i>		
	BOOT CAMP <i>BEYER 2420</i>	CROSS TRAINING FITNESS <i>BEYER 2420</i>		CROSS TRAINING FITNESS <i>BEYER 2420</i>		
7:15-8:05 PM		YOGA <i>STATE 2112</i>				
7:30-8:20 PM	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>	BARRE <i>STATE 2121</i>		
	ZUMBA <i>STATE 2218</i>	DANCE PARTY <i>STATE 2218</i>	DANCE PARTY <i>STATE 2218</i>			

Classes are subject to change. Classes are free to students and Rec Pass holders. Registration is required via our website and is open 3 days prior to the start of each class.

HOW TO REGISTER:

1. GO TO RECSERVICES.IASTATE.EDU/FITNESS/CLASSES
2. SELECT THE CLASS YOU WANT TO ATTEND
3. RESERVE YOUR SPOT BY LOGGING IN WITH YOUR NET ID

FOLLOW OUR NEXT MOVE:

INSTAGRAM: @ISU_FIT
 FACEBOOK: IOWA STATE UNIVERSITY FITNESS
 WEB: RECSERVICES.IASTATE.EDU/FIT