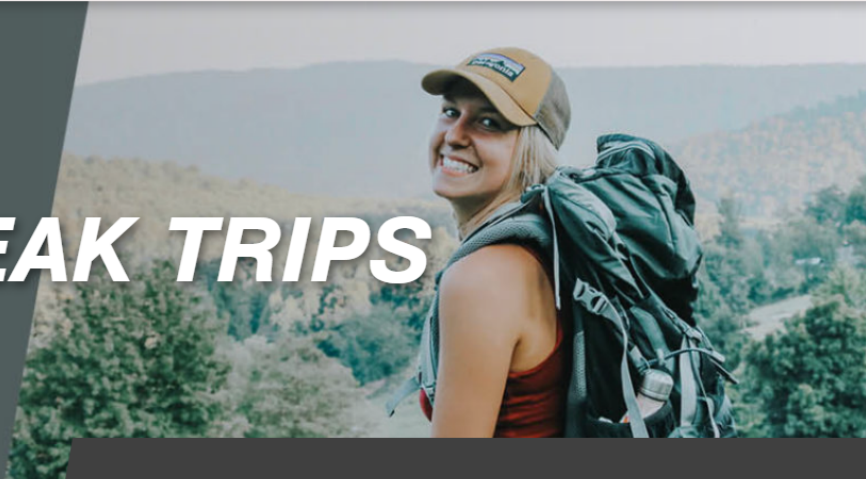


SIGN UP NOW

# WINTER BREAK TRIPS






Recreation Services offers you the freedom of individuality through our wide range of diverse programs & activities. However you play, it is Your Rec Your Way.

◀ THU **OCT 31** ▶

[VIEW ALL HOURS](#)

STATE GYM 6:00 AM - 11:59 PM	LIED RECREATION ATHLETIC CENTER 6:00 AM - 11:59 PM	BEYER HALL 6:00 AM - 11:59 PM
FORKER BUILDING 7:00 AM - 6:00 PM	OUTDOOR RECREATION FACILITIES 8:00 AM - 10:00 AM	

# IOWA STATE

<input type="text" value="Search Classes, Keywords, and More..."/> <span>◀ PREVIOUS WEEK</span> <span>NEXT WEEK ▶</span>						
CLASS TYPE	LOCATION	INSTRUCTOR	INTENSITY	START TIME		
Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCT 27	OCT 28	OCT 29	OCT 30	TODAY	NOV 1	NOV 2
	<b>TRX Blast</b> TRX Blast Izzy S. <a href="#">REGISTER</a>		6:30 - 7:20 AM   <b>LIED 3RD FLOOR</b>   LVL 2  TRX (Total body Resistance eXercise) uses a suspension trainer to leverage gravity and body weight to create resistance exercises that build lean muscle. This class will include a variety of functional exercises to help you get in the best shape of your life			
	<b>Sunrise Yoga</b> Sunrise Yoga Gabby W. <a href="#">REGISTER</a>		7:00 - 7:50 AM   <b>STATE 2218</b>   LVL 1  Ease into your day with progressive yoga movements that activate your flexibility and breathing for a positive start to the day			
	<b>Barre</b> Barre Madison W. <a href="#">REGISTER</a>		11:10 - 11:50 AM   <b>STATE 2121</b>   LVL 2  A muscle-toning class that utilizes a ballet barre for many of the exercises. Muscular endurance will be challenged by very high reps and low weights with a goal of fatiguing all major muscle groups for a full body workout. See you at the barre			

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