

STAY FIT FROM HOME LIVE ONLINE FITNESS CLASSES

FALL 2020

MON

| TIME | CLASS |
|---------|-----------------------|
| 5:30 PM | ZUMBA Clara |

TUES

| TIME | CLASS |
|----------|-------------------------------|
| 12:15 PM | WELLNESS YOGA Nora |
| 5:30 PM | KICKBOXING Adrienne |
| 7:00 PM | YOGA Anna |

WED

| TIME | CLASS |
|----------|---------------------------|
| 12:15 PM | PILATES Cam |
| 3:00 PM | CORE Erica |
| 5:30 PM | HIP HOP Whitnie |

THURS

| TIME | CLASS |
|----------|-------------------------------------|
| 12:15 PM | WELLNESS YOGA Nora |
| 3:00 PM | LOWER BODY STRENGTH Haley |
| 5:30 PM | BARRE Sophie |
| 7:00 PM | YOGA Mikayla |

FRI

| TIME | CLASS |
|----------|------------------------|
| 12:15 PM | BARRE Sophie |
| 3:00 PM | HIIT Natalia |

SAT

| TIME | CLASS |
|----------|-------------------------------------------|
| 10:00 AM | TOTAL BODY CONDITIONING Natalia |

TO REGISTER:

1. GO TO [RECSERVICES.IASTATE.EDU/FITNESS/CLASSES](https://recservices.iastate.edu/fitness/classes)
2. SELECT THE CLASS YOU WANT TO ATTEND
3. RESERVE YOUR SPOT BY LOGGING IN WITH YOUR NET ID
4. ATTEND CLASS AND GET FIT DONE!

