

FITNESS CLASS SCHEDULE



SPRING SEMESTER 2021

JANUARY 25 – APRIL 30

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20 AM	Boxing Circuit Lied Boxing Studio <i>Kirsten</i>		Boxing Circuit Lied Boxing Studio <i>Sophie</i>		FRIDAY	
	Kettlebells Beyer 2420 <i>Jarrett</i>	Cross Training Fitness Beyer 2420 <i>Ethan</i>	Kettlebells Beyer 2420 <i>Jarrett</i>	Cross Training Fitness Beyer 2420 <i>Ethan</i>	7:00 – 7:50 AM	Pilates State 2218 <i>Julia</i>
	Cycle Fit East State Gym <i>Moira</i>		Cycle Fit East State Gym <i>Moira</i>		8:30 – 9:20 AM	Barre State 2218 <i>Neylise (Julia)</i>
7:00 – 7:50 AM	Sunrise Yoga State 2218 <i>Maya</i>	Sunrise Yoga State 2218 <i>Amelia</i>	Sunrise Yoga State 2218 <i>Nikki</i>	Sunrise Yoga State 2218 <i>Amelia</i>	11:00 – 11:40 AM	Pilates State 2218 <i>Cam</i>
8:30 – 9:20 AM	Yoga State 2218 <i>Mikayla</i>	Yoga State 2218 <i>Megan K.</i>	Yoga State 2218 <i>Nikki</i>	Yoga State 2218 <i>Megan K.</i>	12:10– 12:50 PM	Power Yoga State 2218 <i>Abbey</i>
11:00 – 11:40 AM	Pilates State 2218 <i>Alyssa (Cam)</i>	Barre State 2218 <i>Emily</i>	Barre State 2218 <i>Megan D.</i>	Barre State 2218 <i>Emily</i>		Total Body Conditioning Beyer 2420 <i>Neylise (Morgan)</i>
12:10 – 12:50 PM	Barre State 2218 <i>Laura V. (Cam)</i>	Yoga Flow State 2218 <i>Kevin</i>	Power Barre State 2218 <i>Cam</i>	Yoga Flow State 2218 <i>Kevin</i>	4:00 – 4:50 PM	Yoga Flow State 2218 <i>Elle</i>
	Total Body Conditioning Beyer 2420 <i>Darius</i>	Cycle Fit East State Gym <i>Jacob</i>	Total Body Conditioning Beyer 2420 <i>Ashley</i>	Cycle Fit East State Gym <i>Erica</i>	4:10 – 5:00 PM	Zumba East State Gym <i>Clara</i>
4:00 – 4:50 PM	Pilates State 2218 <i>Cass (Lauren B.)</i>	Barre State 2218 <i>Megan D.</i>	Cyclone Sculpt State 2218 <i>Clara (Morgan)</i>	Barre State 2218 <i>Hannah</i>	4:15 – 5:05 PM	Total Body Conditioning Beyer 2420 <i>Erin</i>
4:10– 5:00 PM	Cycle Fit East State Gym <i>Summer</i>		Cycle Fit East State Gym <i>Erica</i>		SATURDAY	
4:15 – 5:05 PM	Total Body Conditioning Beyer 2420 <i>Erin</i>	Total Body Conditioning Beyer 2420 <i>Kalli</i>	Total Body Conditioning Beyer 2420 <i>Henry (Jacob)</i>	Total Body Conditioning Beyer 2420 <i>Kalli</i>	12:15 – 1:05 PM	Yoga State 2218 <i>Cass</i>
5:30 – 6:00 PM	Complete Core State 1218 <i>Natalia</i>		Complete Core State 1218 <i>Kalli</i>		12:30 – 1:20 PM	Total Body Conditioning Beyer 2420 <i>Jeremiah</i>
5:30 – 6:20 PM	Yoga State 2218 <i>Ryan</i>	Cyclone Sculpt State 2218 <i>Kalli (Hannah)</i>	Barre State 2218 <i>Betina</i>		SUNDAY	
	Dance Party East State Gym <i>Marilyn (Clara)</i>	Cycle Fit East State Gym <i>Morgan</i>	Cycle Fit East State Gym <i>Jen</i>	Cycle Fit East State Gym <i>Laura V.</i>	4:30 – 5:20 PM	Zumba East State Gym <i>Marilyn (Emma)</i>
	Boxing Circuit Lied Boxing Studio <i>Taylor</i>	Boxing Circuit Lied Boxing Studio <i>Darius</i>	Boxing Circuit Lied Boxing Studio <i>Halie (Jeremiah)</i>	Boxing Circuit Lied Boxing Studio <i>Ethan (Jacob)</i>	5:00 – 5:50 PM	Total Body Conditioning Beyer 2420 <i>Henry (Jacob)</i>
	Aqua Agility State Gym Pool <i>Julia (Morgan)</i>		Aqua Agility State Gym Pool <i>Georgia (Morgan)</i>		5:30 – 6:20 PM	Barre State 2218 <i>Lauren B.</i>
	Yoga Female Focused Beyer 3430 <i>Cass</i>		Full Body Strength Female Focused Beyer 3430 <i>Natalia</i>		6:00 – 6:50 PM	Cycle Fit East State Gym <i>Hannah</i>
5:45 – 6:35 PM	Cross Training Fitness Beyer 2420 <i>Halie (Nicaela)</i>	Cross Training Fitness Beyer 2420 <i>Jeremiah</i>	Cross Training Fitness Beyer 2420 <i>Jacob</i>	Cross Training Fitness Beyer 2420 <i>Darius</i>	7:00 – 7:50 PM	Yoga State 2218 <i>Julie</i>
6:30 – 7:00 PM	Complete Core State 1218 <i>Natalia</i>		Complete Core State 1218 <i>Neylise</i>		TO REGISTER:	
7:00 – 7:30 PM		Punch & Crunch Lied Boxing Studio <i>Kirsten</i>		Punch & Crunch Lied Boxing Studio <i>Jeremiah</i>	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 4. ATTEND CLASS AND GET FIT DONE! *Classes are subject to change. Classes are included in your membership. *Face coverings required for all indoor classes. *Registration is required via our website and is open 3 days prior to the start of each class.	
7:00 – 7:50 PM	Cross Training Fitness Beyer 2420 <i>Halie (Jeremiah)</i>	Total Body Conditioning Beyer 2420 <i>Jess</i>	Cross Training Fitness Beyer 2420 <i>Darius</i>			
	Barre State 2218 <i>Cam</i>	Yoga State 2218 <i>Alyssa</i>	Cyclone Sculpt State 2218 <i>Jess (Hannah)</i>	Yoga State 2218 <i>Laura S.</i>		
	Cycle Fit East State Gym <i>Erica</i>	Zumba East State Gym <i>Emma</i>		Zumba East State Gym <i>Emma</i>		