

FITNESS CLASS SCHEDULE



FALL SEMESTER 2022

AUGUST 22 – DECEMBER 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20AM	CYCLE FIT STATE 2185 OLIVIA W.	BARRE STATE 2121 KATELYN L.		BARRE STATE 2121 KATELYN L.	FRIDAY	
		CYZONE+ X-TRAIN STATE 2185 OLIVIA W.		CYZONE+ CYCLE STATE 2185 ZOE M.	12:10 – 12:50 PM	CYCLONE CIRCUIT BEYER 2420 ANNIE B.
7:00 – 7:50AM	SUNRISE YOGA STATE 2218 GABE R.	SUNRISE YOGA STATE 2218 CASS B.	SUNRISE YOGA STATE 2218 GABE R.	SUNRISE YOGA STATE 2218 BRI J.		POWER YOGA STATE 2218 MIKAYLA K.
10:00-10:30AM	RELAX & RENEW STATE 2112 BRI J.				SATURDAY	
11:00-11:50AM	YOGA FLOW STATE 2112 BRI J.				9:00-9:50 AM	CYCLONE SCULPT STATE 2218 SOPHIA V.
12:10-12:50PM	PILATES STATE 2121 CASS B.	POWER BARRE STATE 2121 MEGAN D.	PILATES STATE 2121 CASS B.	POWER BARRE STATE 2121 MEGAN D.	11:00-11:50 AM	CROSS TRAINING BEYER 2420 FERNANDO S.
	CYZONE+ CYCLE STATE 2185 SUMMER V.	CYZONE+ CIRCUIT BEYER 2420 ASA D.	CYZONE+ CYCLE STATE 2185 ERICA G.	CYZONE+ CIRCUIT BEYER 2420 ASA D.	SUNDAY	
	CYCLONE CIRCUIT BEYER 2420 MURIEL H.	CYCLE FIT STATE 2185 ASHLEY A.	CYCLONE CIRCUIT BEYER 2420 DAYTON E.		4:10-5:00 PM	BARRE STATE 2121 SOPHIA V.
		WELLNESS YOGA STATE 2218 NORA H.	POWER YOGA STATE 2218 HANNAH F.	WELLNESS YOGA STATE 2218 NORA H.	4:30-5:20 PM	DANCE + SCULPT STATE 2218 MADELINE B.
5:15-6:00PM	WOMEN & WEIGHTS BEYER 3430 CASS B.		WOMEN & WEIGHTS BEYER 3430 CASS B.		5:10-6:00 PM	BOXING CIRCUIT LIED BOXING STUDIO MARILYN G.
5:15 – 6:05PM	CYCLE FIT STATE 2185 ERICA G.	CYZONE+ CYCLE STATE 2185 SUMMER M.	CYCLE FIT STATE 2185 ZOE M.	CYZONE+ CYCLE STATE 2185 OLIVIA W.	5:30-6:00 PM	RESTORE STATE 2218 MADELINE B.
	YOGA STATE 2112 HANNAH F. (ALYSSA M.)	YOGA FLOW STATE 2112 CAT R.	YOGA STATE 2112 LAUREN C.	YOGA FLOW STATE 2112 ALYSSA M.	<p>TO REGISTER:</p> <ol style="list-style-type: none"> GO TO OUR SITE recservices.iastate.edu/fitness/classes SELECT YOUR CLASS RESERVE YOUR SPOT 	
5:30 – 6:00PM		COMPLETE CORE STATE 1218 MARILYN G.		COMPLETE CORE STATE 1218 JOSIAH G.		
5:30 – 6:20PM	ZUMBA STATE 2218 SOPHIA V.			JUMP FITNESS STATE 2218 SOPHIE J.		
	CYZONE+ X-TRAIN BEYER 2420 JARRETT S.	CROSS TRAINING BEYER 2420 FERNANDO S.	CYZONE+ X-TRAIN BEYER 2420 JOSIAH G.	CROSS TRAINING BEYER 2420 JAYDEN L.		
	BARRE STATE 2121 ANNA S.	BARRE STATE 2121 MIKAYLA K.	BARRE STATE 2121 ANNA S.	BARRE STATE 2121 MIKAYLA K.		
		BOXING CIRCUIT LIED BOXING STUDIO JARRETT S.		BOXING CIRCUIT LIED BOXING STUDIO MARILYN G.		
6:30-7:20PM	CYCLONE SCULPT STATE 2218 SOPHIA V.	ZUMBA STATE 2218 MARILYN G.	CYCLONE SCULPT STATE 2218 SOPHIA V.	HIP HOP STATE 2218 MADELINE B.		
		PILATES STATE 2121 LAURA S.	POWER BARRE STATE 2121 SOPHIE J.	PILATES STATE 2121 LAURA S.		
6:30 – 7:45PM	YOGA STATE 2112 CASS B.		YOGA STATE 2112 CASS B.			
7:00-9:00PM	BACHELOR CYCLE STATE 2185 MEGAN D.					

*CyZone+ are Heart Rate Training Classes