

FITNESS CLASS SCHEDULE



SPRING 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6:30 – 7:20AM	CYCLE FIT STATE 2185 MEGAN D.	BOXING CIRCUIT LIED BOXING STUDIO HALLY M.	CYCLE FIT STATE 2185 ZOE M.	BOXING CIRCUIT LIED BOXING STUDIO HALLY M.	11:00-11:45 AM PILATES STATE 2121 JULIA C.	
			BARRE STATE 2121 MEGAN D.	POWER BARRE STATE 2121 MEGAN D.		
7:00 – 7:50AM		CYCLE FIT STATE 2185 OLIVIA W.		CYCLE STRENGTH STATE 2185 OLIVIA W.	12:10 – 12:50 PM CYCLONE CIRCUIT BEYER 2420 ANNIE B. YOGA SCULPT STATE 2218 ALYSSA M.	
		SUNRISE YOGA STATE 2218 BRI J.	SUNRISE YOGA STATE 2218 GABE R.	SUNRISE YOGA STATE 2218 CASS B.		
8:00-8:50AM		WOMEN'S WEIGHTLIFTING CLINIC SGT STATE 1218 ANNIE B. & NAJA J.		WOMEN'S WEIGHTLIFTING CLINIC SGT STATE 1218 ANNIE B. & NAJA J.		
11:00-11:45AM			AQUA STATE GYM POOL NAJA J.			
11:30-12:15PM	IGNITE YOUR FITNESS SGT STATE 2218 NAJA J. & NORA H.				4:30-5:20 PM BARRE STATE 2121 SWATI K.	
12:10–12:50PM	PILATES STATE 2121 CHANEY C.	POWER BARRE STATE 2121 MURIEL H.	PILATES STATE 2121 CASS B.	POWER BARRE STATE 2121 MURIEL H.	SATURDAY	
	CROSS TRAINING FITNESS BEYER 2420 OLIVIA W.	POWER YOGA STATE 2112 CASS B.	CROSS TRAINING FITNESS BEYER 2420 OLIVIA W.	POWER YOGA STATE 2112 CASS B.	9:00-9:50 AM	CYCLONE SCULPT STATE 2218 SOPHIA V.
		CYZONE+ STATE 2185 SUMMER M.	LUNCHTIME LINE DANCING STATE 1218 JASON V.	CYZONE+ STATE 2185 ERICA G.	SUNDAY	
		WELLNESS YOGA STATE 2218 NORA H.		WELLNESS YOGA STATE 2218 NORA H.	5:30-6:20 PM	BOXING CIRCUIT LIED BOXING STUDIO MIRAND L.
4:30-5:20 PM	JUMP FITNESS STATE 2218 JORDAN J.		JUMP FITNESS STATE 2218 JORDAN J.	DANCE PARTY STATE 2218 BETSY M.	6:00-6:50 PM	ZUMBA STATE 2218 SOPHIA V.
	PILATES STATE 2121 LAURA S.	BARRE STATE 2121 EMMA B.	PILATES STATE 2121 LAURA S.	BARRE STATE 2121 EMMA B.		
5:15-6:05 PM	CYZONE+ STATE 2185 ERICA G.	CYCLE FIT STATE 2185 KELSEY H.	CYZONE+ STATE 2185 ABBEY V.	CYCLE FIT STATE 2185 SUMMER M.		
	YOGA FLOW STATE 2112 ALYSSA M.	YOGA FLOW STATE 2112 CAT R.	YOGA FLOW STATE 2112 HANNAH F.			
5:20-5:50 PM		COMPLETE CORE STATE 1218 CHANEY C.		COMPLETE CORE STATE 1218 KARA B.		
5:30-6:00 PM		RESTORE STATE 2218 MADELINE B.		RESTORE STATE 2218 MADELINE B.		
5:30 – 6:20PM	CYCLONE CIRCUIT BEYER 2420 NAJA J.	CROSS TRAINING BEYER 2420 JAYDEN L.	CYCLONE CIRCUIT BEYER 2420 NAJA J.	CROSS TRAINING BEYER 2420 JAYDEN L.		
	BARRE STATE 2121 ANNA S.	PILATES STATE 2121 CASS B.	BARRE STATE 2121 ANNA S.	PILATES STATE 2121 CASS B.		
	BOXING CIRCUIT LIED BOXING STUDIO KARA B.	BOXING CIRCUIT LIED BOXING STUDIO KARA B.	BOXING CIRCUIT LIED BOXING STUDIO MIRANDA L.			
	WOMEN & WEIGHTS BEYER 3430 JESSICA S.		WOMEN & WEIGHTS BEYER 3430 JESSICA S.			
6:15-7:15 PM	YOGA STATE 2112 KEVIN D.		YOGA STATE 2112 KEVIN D.			
6:30-7:20 PM	CYCLONE SCULPT STATE 2218 SOPHIA V.	ZUMBA STATE 2218 SOPHIA V.	CYCLONE SCULPT STATE 2218 SOPHIA V.	JUMP FITNESS STATE 2218 SOPHIE J.		
		CYCLE FIT STATE 2185 ZOE M.	CYCLE FIT STATE 2185 BRIANNE R.	CYCLE FIT STATE 2185 KELSEY H.		
	POWER BARRE STATE 2121 JULIA C.	CROSS TRAINING BEYER 2420 FERNANDO S.	POWER BARRE STATE 2121 SOPHIE J.	BARRE STATE 2121 LAURA S.		
	FUNCTIONAL TRAINING FUNDAMENTALS SGT BEYER 2420 FERNANDO S.		FUNCTIONAL TRAINING FUNDAMENTALS SGT BEYER 2420 FERNANDO S.			
7:00-9:00PM	BACHELOR CYCLE STATE 2185 BRIANNE R.					
7:30-8:20 PM		HIP HOP STATE 2218 MADELINE B.	BARRE STATE 2121 SWATI K.	DANCE & SCULPT STATE 2218 MADELINE B.		

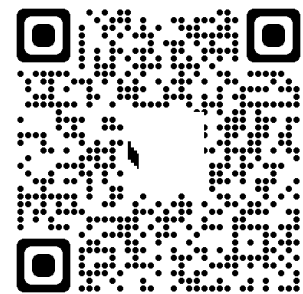


TO REGISTER:

1. GO TO OUR SITE
recservices.iastate.edu/fitness/classes

2. SELECT YOUR CLASS

3. RESERVE YOUR SPOT



JANUARY 17 – MAY 12

Small Group Training (SGT) are in blue, extra fees apply