

FITNESS CLASS SCHEDULE



FALL SEMESTER 2023

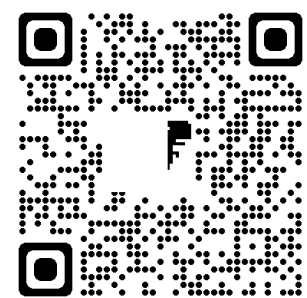
AUGUST 21 – DECEMBER 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20 AM	CYZONE+ STATE 2185 ABBEY V.	CROSS TRAINING FITNESS BEYER 2420 CALEB O.	CROSS TRAINING FITNESS BEYER 2420 GABE R.	CROSS TRAINING FITNESS BEYER 2420 CALEB O.	FRIDAY	
		CYCLE FIT STATE 2185 ZOE M.	CYZONE+ STATE 2185 BRIANNE R.	CYCLE FIT STATE 2185 JORDAN J.		12:10 – 12:50 PM
	BOXING CIRCUIT LIED BOXING STUDIO HALLY M.		BOXING CIRCUIT LIED BOXING STUDIO HALLY M.	YOGA SCULPT STATE 2218 KIMBERLY H.		
7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	SUNRISE YOGA STATE 2218 GABE R.	SUNRISE YOGA STATE 2218 CORRINE S.	SUNRISE YOGA STATE 2218 GABE R.	SATURDAY	
		5K TRAINING LIED 1 ST FLOOR MADELINE B.		5K TRAINING LIED 1 ST FLOOR MADELINE B.		9:00-9:50 AM
12:10-12:50 PM	CYCLONE CIRCUIT BEYER 2420 MURIEL H.	PILATES STATE 2121 CHANEY C.	BARRE STATE 2121 MEGAN D.	PILATES STATE 2121 CHANEY C.	SUNDAY	
	BOXING CIRCUIT LIED BOXING STUDIO ANNIE B.	WELLNESS YOGA STATE 2218 NORA	CYCLONE CIRCUIT BEYER 2420 ANNIE B.	WELLNESS YOGA STATE 2218 NORA		8:10-9:00 AM
	YOGA FLOW STATE 2112 RACHEL C. (BRI J.)		YOGA FLOW STATE 2112 BRI J.	CYZONE+ STATE 2185 ERICA G.		
2:00 – 2:50 PM	WOMENS WIEGHT LIFTING CLINIC STATE 1218 BRI J. & JESSICA S.		WOMENS WIEGHT LIFTING CLINIC STATE 1218 BRI J. & JESSICA S.		6:00- 6:50 PM	
2:30 – 3:20 PM		BALLET BASICS STATE 2121 BETSY M.		BALLET BASICS STATE 2121 BETSY M.		6:30- 7:20 PM
4:30-5:20 PM	PILATES STATE 2121 LAURA S.	BARRE STATE 2121 EMMA B.	PILATES STATE 2121 LAURA S.	BARRE STATE 2121 LAURA S.	YOGA STATE 2218 KIMBERLY H.	
	WOMEN & WIEGHTS BEYER 3430 JESSICA S.	YOGA STATE 2112 MEGAN C.	WOMEN & WIEGHTS BEYER 3430 JESSICA S.	BOXING CIRCUIT LIED BOXING STUDIO KARA B.		4:30- 5:20 PM
	JUMP FITNESS STATE 2218 JORDAN J.	BOXING CIRCUIT LIED BOXING STUDIO KARA B.				
	BOXING FUNDAMENTALS LIED BOXING STUDIO KARA B.		BOXING FUNDAMENTALS LIED BOXING STUDIO KARA B.			6:30- 7:20 PM
4:45- 5:05 PM	COMPLETE CORE STATE 1218 BRIANNE R.		COMPLETE CORE STATE 1218 SOPHIE J.		YOGA STATE 2218 KIMBERLY H.	
5:15 – 6:05 PM	CYCLE FIT STATE 2185 ERICA G.		CYCLE FIT STATE 2185 ZOE M.			4:30- 5:20 PM
	YOGA STATE 2112 HANNAH F.		YOGA STATE 2112 HANNAH F.		6:00- 6:50 PM	
5:30 – 6:20 PM	CROSS TRAINING FITNESS BEYER 2420 CALEB O.	HIGH FITNESS STATE 2218 LAUREN B.	JUMP FITNESS STATE 2218 SOPHIE J.	HIGH FITNESS STATE 2218 LAUREN B.		CYCLE FIT STATE 2185 ZOE M.
	BOXING CIRCUIT LIED BOXING STUDIO MIRANDA L.		CROSS TRAINING FITNESS BEYER 2420 CALEB O.		YOGA STATE 2112 HANNAH F.	
6:00- 6:50 PM	AQUA AGILITY STATE GYM POOL BETSY M.					6:00- 6:50 PM
6:30- 7:20 PM	CYCLONE SCULPT STATE 2218 SOPHIA V.	HIP HOP STATE 2218 MADELINE B.	CYCLONE SCULPT STATE 2218 SOPHIA V.	ZUMBA STATE 2218 SOPHIA V.	CYCLE FIT STATE 2185 ZOE M.	
	YOGA FLOW STATE 2112 CAT R.	CYCLONE CIRCUIT BEYER 2420 VANESSA C.	YOGA FLOW STATE 2112 SWATI K.	CYCLONE CIRCUIT BEYER 2420 VANESSA C.		6:30- 7:20 PM
	BARRE STATE 2121 SWATI K.	YOGA STATE 2112 SWATI K.	CYCLE FIT STATE 2185 KELSEY H.	BARRE STATE 2121 EMMA B.		
						7:30- 8:20 PM
7:30- 8:20 PM		ZUMBA STATE 2218 SOPHIA V.		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



PROGRAMS IN BLUE ARE SMALL GROUP TRAINING OFFERINGS. CHECK OUR WEBSITE TO REGISTER.

NO CLASSES ON MONDAY, SEPTEMBER 4