



FITNESS CLASS SCHEDULE

SPRING SEMESTER 2025

JANUARY 21 – MAY 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20 AM	CYCLE FIT STATE 2185 GRACE D.	CYCLE FIT STATE 2185 JORDAN J.	CYCLE FIT STATE 2185 GRACE D.		FRIDAY	
	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	BOXING CIRCUIT LIED BOXING STUDIO TYLER R.	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	BOXING CIRCUIT LIED BOXING STUDIO TYLER R.		
7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	SUNRISE YOGA STATE 2218 EMMA F.	SUNRISE YOGA STATE 2218 MEGAN C.	SUNRISE YOGA STATE 2218 EMMA F.	7:00 - 7:50 AM	SUNRISE YOGA STATE 2218 MADISON B.
		BARRE STATE 2121 BRIDGET W.		BARRE STATE 2121 BRIDGET W.	9:00 - 9:50 AM	YOGA STATE 2112 OLIVIA G.
7:30 – 8:00 AM	COMPLETE CORE! STATE 2121 GRACE D.	COMPLETE CORE! STATE 1218 JORDAN J.	COMPLETE CORE! STATE 2121 GRACE D.		12:10 - 12:50 PM	CYCLONE CIRCUIT BEYER 2420 KAT K.
9:00 - 9:50 AM	YOGA STATE 2112 OLIVIA G.		YOGA STATE 2112 OLIVIA G.		SATURDAY	
	BARRE STATE 2121 SWATI K.		BARRE STATE 2121 SWATI K.		9:00 - 9:50 AM	YOGA STATE 2218 SWATI K.
12:10 - 12:50 PM	CYCLONE CIRCUIT BEYER 2420 KAT K.	PILATES STATE 2121 CHANEY C.	CYCLONE CIRCUIT BEYER 2420 MURIEL H.	CYCLE FIT STATE 2185 ERICA G.	SUNDAY	
	POWER BARRE STATE 2121 MURIEL H.	WELLNESS YOGA STATE 2218 NORA H.	YOGA FLOW STATE 2112 RACHEL C.	WELLNESS YOGA STATE 2218 NORA H.	4:30 - 5:20 PM	BARRE STATE 2121 BRIDGET W.
4:30 - 5:00 PM		COMPLETE CORE! STATE 1218 EMMA P.		COMPLETE CORE! STATE 1218 EMMA P.	6:30 - 7:20 PM	DANCE PARTY STATE 2218 SARAH B.
4:30 - 5:20 PM	HIGH FITNESS! STATE 2218 LAUREN B.	PILATES STATE 2121 EMMA F. (CHANEY C.)		PILATES STATE 2218 CHANEY C.	 <p>TO REGISTER:</p> <ol style="list-style-type: none"> 1. GO TO OUR SITE https://cyclonehealth.iastate.edu/fitness/class-schedule 2. SELECT YOUR CLASS 3. RESERVE YOUR SPOT 	
		CROSS TRAINING FITNESS BEYER 2420 OLIVIA C.		CROSS TRAINING FITNESS BEYER 2420 OLIVIA C.		
5:15 – 6:05 PM	PILATES STATE 2121 EMMA P.	YOGA STATE 2112 EMMA P.	CYCLE FIT STATE 2185 KELSEY H.	YOGA STATE 2112 EMMA P.		
		JUMP FITNESS STATE 2218 JORDAN J.				
5:30 – 6:20 PM	JUMP FITNESS STATE 2218 KIMBERLY H.	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.		JUMP FITNESS STATE 2218 KIMBERLY H.		
	YOGA FLOW STATE 2112 MADISON B.	BARRE STATE 2121 AUBRIE S.		BARRE STATE 2121 AUBRIE S.		
6:15 – 7:05 PM	AQUA AEROBICS STATE GYM POOL SARAH B.		AQUA AEROBICS STATE GYM POOL SARAH B.			
6:30 - 7:20 PM	ZUMBA STATE 2218 SARAH S.	DANCE PARTY STATE 2218 SARAH B.	ZUMBA STATE 2218 SARAH S.	DANCE PARTY STATE 2218 SARAH B.		
		YOGA FLOW STATE 2112 MADISON B.				
7:00 - 7:50 PM	BALLET BASICS SGT STATE 2121 EMMA P.		BALLET BASICS SGT STATE 2121 EMMA P.			

