




SPRING 2025 FITNESS SCHEDULE: MARCH 24 – 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.	CROSS TRAINING FITNESS BEYER 2420 AIDEN R.	FRIDAY	
	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	BOXING CIRCUIT LIED BOXING STUDIO TYLER R.			7:00 - 7:50 AM	SUNRISE YOGA STATE 2218 MADISON B.
		CROSS TRAINING FITNESS BEYER 2420 AIDEN R.			9:00 - 9:50 AM	YOGA STATE 2112 OLIVIA G.
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.	12:10 - 12:50 PM	CYCLONE CIRCUIT BEYER 2420 KAT K.
		BARRE STATE 2121 BRIDGET W.		BARRE STATE 2121 BRIDGET W.	SATURDAY	
7:30 – 8:00 AM	COMPLETE CORE! STATE 2121 GRACE D.	COMPLETE CORE! STATE 1218 JORDAN J.	COMPLETE CORE! STATE 2121 GRACE D.		9:00 - 9:50 AM	YOGA STATE 2128 SWATI K.
8:00 - 8:50 AM	CYCLONE SCULPT STATE 2218 MEGAN C.				SUNDAY	
9:00 - 9:50 AM	YOGA STATE 2112 OLIVIA G.		YOGA STATE 2112 OLIVIA G.		4:30 - 5:20 PM	BARRE STATE 2121 BRIDGET W.
	BARRE STATE 2121 SWATI K.		BARRE STATE 2121 SWATI K.		6:30 - 7:20 PM	DANCE PARTY STATE 2218 SARAH B.
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.	<p style="text-align: center;">TO REGISTER:</p> <p>1. GO TO OUR SITE https://cyclonehealth.iastate.edu/fitness/class-schedule</p> <p>2. SELECT YOUR CLASS</p> <p>3. RESERVE YOUR SPOT</p> 	
	POWER BARRE STATE 2121 MURIEL H.	WELLNESS YOGA STATE 2218 NORA H.	YOGA FLOW STATE 2112 RACHEL C.	WELLNESS YOGA STATE 2218 NORA H.		
1:00 – 1:50 PM		WOMENS BEGINNER WEIGHTLIFTING BEYER 2420 KELSEY H.	WOMENS BEGINNER WEIGHTLIFTING BEYER 2420 KELSEY H.			
4:30 - 5:00 PM		COMPLETE CORE! STATE 1218 EMMA P.	COMPLETE CORE! STATE 1218 EMMA P.			
4:30 - 5:20 PM	HIGH FITNESS! STATE 2218 LAUREN B.	PILATES STATE 2121 EMMA F.	CYCLONE CIRCUIT BEYER 2420 DANIEL T.	PILATES STATE 2218 CHANEY C.		
	CYCLONE CIRCUIT BEYER 2420 TYLER R.	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.	BARRE STATE 2121 SARAH B.			
		CYCLE FIT STATE 2185 KELSEY H.				
5:30 – 6:20 PM	JUMP FITNESS STATE 2218 KIMBERLY H.	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	YOGA FLOW STATE 2112 EMMA P.	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.	BOXING CIRCUIT LIED BOXING STUDIO SARAH S.		
		YOGA FLOW STATE 2112 MADISON B.				

