

IOWA STATE RECREATION SERVICES

SPRING 2026 FITNESS SCHEDULE: JANUARY 20 — MAY 10

SUBJECT TO CHANGE

	MON	TUE	WED	THU
6:30 - 7:20AM	BARRE STATE 2121 EVA Ja. YOGA SCULPT STATE 1218 ALYSSA H. CYCLE FIT STATE 2185 EMMA GRACE BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	PILATES STATE 2121 JOCIE H. BOXING CIRCUIT LIED BOXING STUDIO TYLER R. PULSE RIDE STATE 2185 ELLA L. CROSS TRAINING FITNESS BEYER 2420 AIDEN R.	PULSE RIDE STATE 2185 JENNA F.	BOXING CIRCUIT LIED BOXING STUDIO TYLER R. PULSE RIDE STATE 2185 ELLA L. CROSS TRAINING FITNESS BEYER 2420 AIDEN R. PILATES STATE 2121 JOCIE H.
7:00 - 7:50AM	SUNRISE YOGA STATE 2218 KIMBERLY H.		SUNRISE YOGA STATE 2218 KIMBERLY H.	SUNRISE YOGA STATE 2218 DEVAN E.
7:30 - 8:00AM		COMPLETE CORE! STATE 1218 MARIIA H.		COMPLETE CORE! STATE 1218 MARIIA H.
7:30 - 8:20AM		STEP & SCULPT STATE 2218 SARAH S.	BARRE STATE 2121 BRIDGET W.	BARRE STATE 2121 BRIDGET W.
8:00 - 8:50AM		PULSE RIDE STATE 2185 LEXI S.	YOGA SCULPT STATE 1218 BRIDGET W.	PULSE RIDE STATE 2185 LEXI S.
9:00 - 9:50AM	PILATES FLOW STATE 2121 NIMA S.	CYCLONE SCULPT STATE 2218 ELLY M.	BARRE STATE 2121 ALYSSA H.	PILATES FLOW STATE 2121 NIMA S.
10:00 - 10:50AM		BARRE STATE 2121 SOPHIA A.	CYCLE FIT STATE 2185 AVERY P.	BARRE STATE 2121 ALYSSA H.
12:10 - 12:50PM	CYCLONE CIRCUIT BEYER 2420 EVA Jo. PILATES STATE 2218 CHANEY C. BARRE STATE 2121 AVA O.	CROSS TRAINING FITNESS BEYER 2420 OLIVIA C. WELLNESS YOGA STATE 2218 KIMBERLY H. BARRE STATE 2121 SUMMER M.	CYCLONE CIRCUIT BEYER 2420 EVA Jo. PILATES STATE 2218 CHANEY C. POWER BARRE STATE 2121 MURIEL H.	CYCLE FIT STATE 2185 ERICA G. WELLNESS YOGA STATE 2218 KIMBERLY H. BARRE STATE 2121 SUMMER M.
1:00 - 1:50PM	POWER PILATES STATE 2121 ELLA D.	BARRE STATE 2121 CARA V.		POWER PILATES STATE 2121 ELLA D.
3:00 - 3:50PM	CYCLE FIT STATE 2185 ALISON W.			
3:30 - 4:20PM	JUMP FITNESS STATE 2218 LILLIAN H.	POWER PILATES STATE 2121 LILLIAN H.		PILATES STATE 2121 SOPHIA A.
4:15 - 5:05PM	CYCLE FIT STATE 2185 OLIVIA O.	CYCLONE SCULPT STATE 2218 ISABELLE R.	CROSS TRAINING FITNESS BEYER 2420 ANNIKA N.	CYCLONE SCULPT STATE 2218 ISABELLE R.
4:30 - 5:20PM	YOGA FLOW STATE 2112 KIMBERLY H. BARRE STATE 2121 SUMMER M. PILATES FLOW STATE 2218 NIMA S.	PILATES STATE 2121 SOPHIA A.	YOGA FLOW STATE 2112 KIMBERLY H. BARRE STATE 2121 SUMMER M. JUMP FITNESS STATE 2218 JOCIE H.	
5:30 - 6:20PM	POWER PILATES STATE 2121 TATUM L. CYCLONE CIRCUIT BEYER 2420 ELLY M. CYCLONE SCULPT STATE 2218 OLIVIA E.	PILATES STATE 2218 EMMA F. BOXING CIRCUIT LIED BOXING STUDIO LEAH B. CROSS TRAINING FITNESS BEYER 2420 ANNIKA N. CYCLE FIT STATE 2185 ISABELLE R.	CYCLONE CIRCUIT BEYER 2420 EVA Ja. ZUMBA STATE 2218 SARAH S. CYCLE FIT STATE 2185 ALISON W. BARRE STATE 2121 CARA V.	PILATES STATE 2121 OLIVIA E. YOGA STATE 2112 NIMA S. BOXING CIRCUIT LIED BOXING STUDIO SARAH S. CYCLE FIT STATE 2185 ISABELLE R.
6:00 - 6:30PM	PILATES WALLACE WILSON COMMONS NIMA S.			
6:30 - 7:20PM	BARRE STATE 2121 AVA O. YOGA STATE 2112 DEVAN E. PULSE RIDE STATE 2185 LEXI S.	POWER PILATES STATE 2218 OLIVIA T. AQUA BLAST STATE GYM POOL EVA Jo. (SARAH S.) PULSE RIDE STATE 2185 AVERY P. BARRE STATE 2121 AUBRIE S.	YOGA STATE 2112 DEVAN E. PULSE RIDE STATE 2185 ELLA L. AQUA ZUMBA STATE GYM POOL SARAH S.	BARRE STATE 2121 AVA O. AQUA POOL PARTY STATE GYM POOL NIMA S. POWER PILATES STATE 2218 OLIVIA T.

REGISTER HERE!



1. GO TO OUR SITE
2. SELECT YOUR CLASS
3. RESERVE YOUR SPOT

WEEKEND CLASSES

FRIDAY

6:30 - 7:20AM	BARRE STATE 2121 EVA Ja. CYCLE FIT STATE 2185 EMMA GRACE
9:00 - 9:50AM	CYCLONE SCULPT STATE 2218 ELLY M. PULSE RIDE STATE 2185 AVERY P.
12:10 - 12:50PM	POWER PILATES STATE 2121 LILLIAN H. CROSS TRAINING FITNESS BEYER 2420 OLIVIA C.
1:30 - 2:20PM	PILATES STATE 2121 TATUM L.

SATURDAY

8:00 - 8:50AM	PULSE RIDE STATE 2185 JENNA F.
9:00 - 9:50AM	PULSE RIDE STATE 2185 JENNA F.
10:00 - 10:50AM	BARRE STATE 2121 SOPHIA A.
11:00 - 11:50AM	PILATES STATE 2121 SOPHIA A.

SUNDAY

12:00 - 12:50PM	YOGA SCULPT STATE 2218 BRIDGET W.
3:00 - 3:50PM	RHYTHM RIDE STATE 2185 LEXI S.
5:30 - 6:20PM	BARRE STATE 2121 AVA O.