

FITNESS CLASS SCHEDULE



SPRING 2024

JANUARY 16 – MAY 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20 AM	CYZONE+ STATE 2185 ABBEY V.	CYCLE FIT STATE 2185 JORDAN J.	CYZONE+ STATE 2185 ZOE M.	CYCLE FIT STATE 2185 BRIANNE R.	FRIDAY	
		BOXING CIRCUIT LIED BOXING STUDIO HALLY M.		BOXING CIRCUIT LIED BOXING STUDIO HALLY M.	7:00- 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.
		CROSS TRAINING FITNESS BEYER 2420 GABE R.		CROSS TRAINING FITNESS BEYER 2420 CALEB O.	12:10 – 12:50 PM	CYCLE FIT STATE 2185 BRIANNE R.
		10K TRAINING LIED TRACK MADELINE B.		10K TRAINING LIED TRACK MADELINE B.		BARRE STATE 2121 MADELINE B.
7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	SUNRISE YOGA STATE 2218 CORRINE S.	SUNRISE YOGA STATE 2218 MEGAN C.	SUNRISE YOGA STATE 2218 GABE R.	YOGA SCULPT STATE 2218 EMMA P.	
	BARRE STATE 2121 BRIANNE R.		BARRE STATE 2121 MADELINE B.		5:30-6:20 PM	BOXING CIRCUIT LIED BOXING STUDIO KARA B.
7:30- 8:00 AM		COMPLETE CORE STATE 2121 JORDAN J.		COMPLETE CORE STATE 2121 BRIANNE R.	SATURDAY	
12:10-12:50 PM	HIGH FITNESS STATE 2218 LAUREN B.	CYZONE+ STATE 2185 ERICA G.	CYCLE FIT STATE 2185 ABBEY V.	CYZONE+ STATE 2185 ERICA G.	9:00- 9:50 AM	CYCLONE SCULPT STATE 2218 KENDALL B.
	YOGA STATE 2112 EMMA P.	WELLNESS YOGA STATE 2218 NORA H.	CYCLONE CIRCUIT BEYER 2420 MURIEL H.	WELLNESS YOGA STATE 2218 NORA H.	10:00- 10:50 AM	WEEKEND YOGA STATE 2218 SWATI K.
	CYCLONE CIRCUIT BEYER 2420 ANNIE B.			BARRE STATE 2121 SWATI K.	SUNDAY	
4:15- 5:05 PM		PILATES STATE 2121 CHANEY C.		PILATES STATE 2121 LAURA S.	8:10- 9:00 AM	WEEKEND YOGA STATE 2218 KIMBERLY H.
4:30-5:20 PM	PILATES STATE 2121 LAURA S.	JUMP FITNESS STATE 2218 JORDAN J.	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	JUMP FITNESS STATE 2218 SOPHIE J.	4:30- 5:20 PM	POWER BARRE STATE 2121 MADELINE B.
	WOMEN & WEIGHTS BEYER 3430 JESSICA S.		WOMEN & WEIGHTS BEYER 3430 JESSICA S.		5:30- 6:20 PM	BOXING CIRCUIT LIED BOXING STUDIO HALLY M.
4:30- 5:00 PM		COMPLETE CORE STATE 1218 BRIANNE R.		COMPLETE CORE STATE 1218 CHANEY C.	6:30-7:20 PM	CYZONE+ STATE 2185 ZOE M.
5:15 – 6:05 PM	CYCLE FIT STATE 2185 KELSEY H.	CYCLE FIT STATE 2185 ZOE M.		BOXING CIRCUIT LIED BOXING STUDIO MIRANDA L.	<p>TO REGISTER:</p> <ol style="list-style-type: none"> GO TO OUR SITE recservices.iastate.edu/fitness/classes SELECT YOUR CLASS RESERVE YOUR SPOT <p>PROGRAMS IN BLUE ARE SMALL GROUP TRAINING OFFERINGS. CHECK OUR WEBSITE TO REGISTER.</p>	
5:30 – 6:20 PM	YOGA FLOW STATE 2112 CAT R.	CYCLONE CIRCUIT BEYER 2420 VANESSA C.	YOGA FLOW STATE 2112 RACHEL C.	CYCLONE CIRCUIT BEYER 2420 VANESSA C.		
	BOXING CIRCUIT LIED BOXING STUDIO KARA B.	BARRE STATE 2121 EMMA B.	PILATES STATE 2121 KARA B.	BARRE STATE 2121 EMMA B.		
	BARRE STATE 2121 LAURA S.	CYCLONE SCULPT STATE 2218 DAVIS F.		CYCLONE SCULPT STATE 2218 ATLAS K.		
6:00- 6:50 PM	AQUA AGILITY STATE GYM POOL BETSY M.		AQUA DANCE + SCULPT STATE GYM POOL BETSY M.			
6:30 – 7:20 PM	CYCLONE SCULPT STATE 2218 KIMBERLY H.	HIP HOP STATE 2218 MADELINE B.	CYCLONE SCULPT STATE 2218 KENDALL B.	CYCLE FIT STATE 2185 KENDALL B.		
		CYCLE FIT STATE 2185 KENDALL B.	BARRE STATE 2121 AUBRIE S.			
		POWER BARRE STATE 2121 VIVIAN K.				
7:30- 8:20 PM	DANCE PARTY STATE 2218 SARAH B.		DANCE PARTY STATE 2218 SARAH B.			