

FITNESS CLASS SCHEDULE



FALL SEMESTER 2024

AUGUST 26 – DECEMBER 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND	
6:30 – 7:20 AM	CROSS TRAINING FITNESS BEYER 2420 CALEB O.	CYCLE FIT STATE 2185 JORDAN J.	CROSS TRAINING FITNESS BEYER 2420 CALEB O.		FRIDAY	
	CYCLE FIT STATE 2185 KENDALL B.	BOXING CIRCUIT LIED BOXING STUDIO HALLY M.	CYCLE FIT STATE 2185 KELSEY H.		6:30- 7:20 AM	BOXING CIRCUIT LIED BOXING CIRCUIT LEAH B.
	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.				7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.
7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	CYCLONE SCULPT STATE 2218 KENDALL B.	SUNRISE YOGA STATE 2218 MEGAN C.	CYCLONE SCULPT STATE 2218 KENDALL B.	9:00 – 9:50 AM	YOGA STATE 2112 OLIVIA G.
		BARRE STATE 2121 MADELINE B.		BARRE STATE 2121 MADELINE B.	12:10- 12:50 PM	CYCLE FIT STATE 2185 KENDALL B.
7:30 – 8:00 AM		COMPLETE CORE STATE 1218 JORDAN J.				YOGA FLOW STATE 2112 BRI J.
9:00 – 9:50 AM	YOGA STATE 2112 SWATI K.	YOGA FLOW STATE 2112 EMMA F.	BARRE STATE 2121 SWATI K.	YOGA FLOW STATE 2112 EMMA F.	SATURDAY	
12:10-12:50 PM	YOGA STATE 2112 OLIVIA G.	WELLNESS YOGA STATE 2218 NORA H.	YOGA STATE 2112 RACHEL C.	WELLNESS YOGA STATE 2218 NORA H.	9:00-9:50 AM	YOGA STATE 2218 SWATI K.
	CYCLONE CIRCUIT BEYER 2420 MURIEL H.		CYCLONE CIRCUIT BEYER 2420 CALEB O.	BARRE STATE 2121 OLIVIA G.	SUNDAY	
	HIGH FITNESS STATE 2218 LAUREN B.		HIGH FITNESS STATE 2218 LAUREN B.		10:00- 10:50 AM	YOGA STATE 2112 MADISON B.
	PILATES STATE 2121 CHANEY C.		PILATES STATE 2121 CHANEY C.		4:30- 5:20 PM	POWER BARRE STATE 2121 MADELINE B.
3:30- 4:20 PM				BOXING CIRCUIT LIED BOXING STUDIO MIRANDA L.		
4:30 – 5:00 PM	COMPLETE CORE STATE 1218 EMMA P.					
4:30-5:20 PM		JUMP FITNESS STATE 2218 JORDAN J.				
5:15 – 6:05 PM	YOGA STATE 2112 EMMA P.					
5:30 – 6:20 PM	DANCE PARTY STATE 2218 SARAH B.	YOGA STATE 2112 MADISON B.	DANCE PARTY STATE 2218 SARAH B.	BOXING CIRCUIT LIED BOXING STUDIO LEAH B.		
6:15- 7:05 PM		AQUA AGILITY STATE GYM POOL SARAH B.		AQUA AGILITY STATE GYM POOL SARAH B.		
6:30- 7:20 PM	CYZONE+ STATE 2185 KELSEY H.	PILATES STATE 2218 MADELINE B.				



TO REGISTER:

1. GO TO OUR SITE
cyclonehealth.iastate.edu/fitness/class-schedule
2. SELECT YOUR CLASS
3. RESERVE YOUR SPOT



UPDATED 09/25/2024

NO FITNESS CLASSES DURING FALL BREAK