

FITNESS CLASS SCHEDULE



FINALS WEEK FALL 2024

DECEMBER 16 – DECEMBER 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	WEEKEND
6:30 – 7:20 AM	CROSS TRAINING FITNESS BEYER 2420 CALEB O.		CYCLE FIT STATE 2185 KELSEY H.	CROSS TRAINING FITNESS BEYER 2420 CALEB O.	FRIDAY
7:00 – 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	CYCLONE SCULPT STATE 2218 KENDALL B.	SUNRISE YOGA STATE 2218 MADISON B.	CYCLONE SCULPT STATE 2218 KENDALL B.	7:00 – 7:50 AM SUNRISE YOGA STATE 2218 KIMBERLY H.
		BARRE STATE 2121 MADELINE B.		BARRE STATE 2121 MADELINE B.	12:10- 12:50 PM CYCLE FIT STATE 2185 KENDALL B.
9:00 – 9:50 AM		YOGA FLOW STATE 2112 EMMA F.	BARRE STATE 2121 SWATI K.		
12:10-12:50 PM	CYCLONE CIRCUIT BEYER 2420 MURIEL H.	WELLNESS YOGA STATE 2218 NORA H.	CYCLONE CIRCUIT BEYER 2420 CALEB O.	BARRE STATE 2121 OLIVIA G.	
	HIGH FITNESS STATE 2218 LAUREN B.				
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		YOGA STATE 2112 MADISON B.			
6:15- 7:05 PM		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 12/5/2024