

IOWA STATE UNIVERSITY

RECREATION SERVICES

SPRING 2025 FITNESS SCHEDULE FINALS WEEK: MAY 12-16



REGISTER HERE!

- 1. GOTO OUR SITE
- 2. SELECTYOUR CLASS
- 3. RESERVEYOUR SPOT

	MON	TUE	WED	THU	FRI
6:30 - 7:20 AM	CYCLE FIT STATE 2185 GRACE D. BOXING CIRCUIT LIED BOXING STUDIO LEAH B.	CROSS TRAINING FITNESS BEYER 2420 AIDEN R.	CYCLE FIT STATE 2185 GRACE D.	CROSS TRAINING FITNESS BEYER 2420 AIDEN R.	
7:00 - 7:50 AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	SUNRISE YOGA STATE 2218 EMMA F. BARRE STATE 2121 BRIDGET W.		BARRE STATE 2121 BRIDGET W.	SUNRISE YOGA STATE 2218 MADISON B.
9:00 - 9:50 AM	YOGA STATE 2112 OLIVIA G. BARRE STATE 2121 SWATI K.		YOGA STATE 2112 OLIVIA G.		
12:10 - 12:50 PM	CYCLONE CIRCUIT BEYER 2420 KAT K. POWER BARRE STATE 2121 MURIEL H.	WELLNESS YOGA STATE 2218 NORA H.	CYCLONE CIRCUIT BEYER 2420 MURIEL H. YOGA FLOW STATE 2212 RACHEL C.	CYCLE FIT STATE 2185 ERICA G. WELLNESS YOGA STATE 2218 NORA H.	CYCLONE CIRCUIT BEYER 2420 MADISION B.
4:30 - 5:00 PM			COMPLETE CORE! STATE 1218 EMMA P.		
4:30 - 5:20 PM	HIGH FITNESS! STATE 2218 LAUREN B.	PILATES STATE 2121 EMMA P. CROSS TRAINING FITNESS BEYER 2420 OLIVIA C.			
5:15 - 6:05 PM	PILATES STATE 2121 EMMA P.	YOGA STATE 2112 EMMA P. JUMP FITNESS STATE 2218 JORDAN J.	BARRE STATE 2121 SARAH B.	YOGA STATE 2112 EMMA P.	
5:30 - 6:20 PM	YOGA FLOW STATE 2112 MADISON B.	BOXING CIRCUT LIED BOXING STUDIO LEAH B. BARRE STATE 2121 AUBRIE S.	YOGA FLOW STATE 2212 EMMA P.		
6:15 - 7:05 PM	AQUA AEROBICS STATE GYM POOL SARAH B.				
6:30 - 7:20 PM	ZUMBA STATE 2218 SARAH S.	DANCE PARY STATE 2218 SARAH B.			