

IOWA STATE UNIVERSITY RECREATION SERVICES

SUMMER 2025 FITNESS SCHEDULE: MAY 27 - JUNE 27



REGISTER HERE!

1. GOTO OUR SITE

2. SELECTYOUR CLASS

3. RESERVEYOUR SPOT

SUBJECT TO CHANGE

	MON	TUE	WED	THU	FRI
6:30 - 7:20AM	CYCLONE CIRCUIT BEYER 2420 TYLER R.		CYCLONE CIRCUIT BEYER 2420 TYLER R. BARRE STATE 2121 MARIIA H.		CYCLONE CIRCUIT BEYER 2420 TYLER R.
7:00 - 7:50AM	SUNRISE YOGA STATE 2218 KIMBERLY H.	BARRE STATE 2121 AVA O.		BARRE STATE 2121 AVA O.	
9:00 - 9:50AM	POWER BARRE STATE 2121 MURIEL H.	CARDIO KICKBOXING STATE 2218 SARAH S.		CARDIO KICKBOXING STATE 2218 SARAH S. YOGA STATE 2112 NIMA S. (SWATI K.)	
12:10 - 12:50PM	CYCLONE CIRCUIT BEYER 2420 DANIEL T.	WELLNESS YOGA STATE 2218 NORA H.	YOGA SCULPT STATE 2218 KIMBERLY H. CYCLONE CIRCUIT BEYER 2420 DANIEL T.	WELLNESS YOGA STATE 2218 NORA H. CYCLE FIT STATE 2185 ERICA G.	CYCLONE CIRCUIT BEYER 2420 DANIEL T. YOGA SCULPT STATE 2218 KIMBERLY H.
4:30 - 5:20PM	PILATES STATE 2121 TATUM L.	DANCE PARTY STATE 2218 KITTY T.		PILATES STATE 2121 TATUM L.	
5:30 - 6:20PM	BARRE STATE 2121 AVA O. YOGA STATE 2112 SWATI K.		CYCLONE SCULPT STATE 2218 KIMBERLY H. YOGA STATE 2112 SWATI K.	DANCE PARTY STATE 2218 KITTY T.	YOGA STATE 2112 SWATI K.
6:00 - 6:50PM			BARRE STATE 2121 AUBRIE S.		
6:30 - 7:20PM	ZUMBA STATE 2218 SARAH S.	PILATES STATE 2121 EMMA F.			
7:00 - 7:50PM		YOGA STATE 2112 VALERIA C.		YOGA STATE 2112 VALERIA C.	