

IOWA STATE UNIVERSITY RECREATION SERVICES

SUMMER 2025 FITNESS SCHEDULE: JULY 7 - AUGUST 8



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.			YOGA STATE 2112 NIMA S.	
12:10 - 12:50PM	CYCLONE CIRCUIT BEYER 2420 DANIEL T.	COMPLETE CORE! STATE 2121 SARAH S. WELLNESS YOGA STATE 2218 NORA H.	YOGA SCULPT STATE 2218 KIMBERLY H. CYCLONE CIRCUIT BEYER 2420 DANIEL T.	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.	YOGA STATE 2112 NIMA S.	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.	AQUA ZUMBA STATE POOL SARAH S.		
7:00 - 7:50PM		YOGA STATE 2112 VALERIA C.		YOGA STATE 2112 VALERIA C.	