

IOWA STATE RECREATION SERVICES

FALL 2026 FITNESS SCHEDULE: AUGUST 24 - DECEMBER 11 *SUBJECT TO CHANGE*

	MON	TUE	WED	THU
6:30 - 7:20AM	PULSE RIDE STATE 2185 ELLA L.	PULSE RIDE STATE 2185 JENNA F. PILATES STATE 2121 JOCIE H.	YOGA SCULPT STATE 1218 KELSI B. CYCLE FIT STATE 2185 EMMA GRACE H. BARRE STATE 2121 PAIGE L.	PILATES STATE 2121 JOCIE H.
7:00 - 7:50AM	SUNRISE YOGA STATE 2218 KIMBERLY H.		SUNRISE YOGA STATE 2218 SOPHIA O.	
7:30 - 8:20AM		CYCLONE CIRCUIT BEYER 2420-BEYER GYM EVA JO. CYCLE FIT STATE 2185 ISABELLE R.	CYCLONE CIRCUIT BEYER 2420-BEYER GYM EVA JO.	CROSS TRAINING FITNESS BEYER 2420-BEYER GYM ANNIKA N. PULSE RIDE STATE 2185 JENNA F.
8:00 - 8:30 AM		COMPLETE CORE STATE 1218 MARIIA H.		
8:00 - 8:50AM	YOGA SCULPT STATE 2218 KELSI B. CYCLE FIT STATE 2185 EMMA GRACE H. BARRE STATE 2121 ALYSSA H.	CYCLONE STRENGTH STATE 2218 OLIVIA E. POWER PILATES STATE 2121 LILLIAN H.	YOGA SCULPT STATE 2218 PAIGE L. BARRE STATE 2121 ALYSSA H.	CYCLONE STRENGTH STATE 2218 ISABELLE R.
9:00 - 9:50AM	YOGA II STATE 2112 ABIGAIL S. (KIMBERLY H.	BARRE STATE 2121 MARIIA H.	POWER PILATES STATE 2121 LILLIAN H. YOGA II STATE 2112 ABIGAIL S.	YOGA II STATE 2112 DEVAN E.
11:00 - 11:50AM			BARRE STATE 2121 SUMMER M.	
12:10 - 12:50PM	CROSS TRAINING FITNESS BEYER 2420-BEYER GYM OLIVIA C. PULSE RIDE STATE 2185 AVERY P. BARRE STATE 2121 SUMMER M.	CYCLONE CIRCUIT BEYER 2420-BEYER GYM SARAH S. PILATES STATE 2121 SOPHIA A..	PULSE RIDE STATE 2185 AVERY P.	CYCLE FIT STATE 2185 ERICA G. YOGA STATE 2112 DEVAN E.
1:30 - 2:20PM	CYCLONE STRENGTH STATE 2218 OLIVIA E. POWER PILATES STATE 2121 ELLA D.	YOGA SCULPT STATE 2218 ALYSSA H.	PILATES STATE 2121 ELLA D.	YOGA SCULPT STATE 2218 ALYSSA H.
4:15 - 5:05PM	CYCLONE STRENGTH STATE 2218 ISABELLE R.	JUMP FITNESS STATE 2218 KIMBERLY H.	CYCLONE STRENGTH STATE 2218 ELLY M.	JUMP FITNESS STATE 2218 LILLIAN H.
4:30 - 5:20PM	YOGA STATE 2112 CHELSEA M.	BARRE STATE 2121 EVA J.	VINYASA FLOW STATE 2112 DEVAN E.	BARRE STATE 2121 SUMMER M.
5:45 - 6:15PM	COMPLETE CORE STATE 1218 NIMA S.		COMPLETE CORE STATE 1218 NIMA S.	
5:30 - 6:20PM	ZUMBA STATE 2218 SARAH S. CYCLONE CIRCUIT BEYER 2420-BEYER GYM EVA JO. CYCLE FIT STATE 2185 ISABELLE R. YOGA STATE 2112 GRACIE S.	CROSS TRAINING FITNESS BEYER 2420-BEYER GYM ANNIKA N. CYCLE FIT STATE 2185 OLIVIA O. PUNCH AND POWER LIED BOXING STUDIO CARLOS F. PILATES STATE 2121 ASHLEY S. YOGA II STATE 2112 KIMBERLY H.	JUMP FITNESS STATE 2218 JOCIE H. CYCLONE CIRCUIT BEYER 2420-BEYER GYM ELLY M. CYCLE FIT STATE 2185 ISABELLE R. PUNCH AND POWER LIED BOXING STUDIO SARAH S. BARRE STATE 2121 EVA J. YOGA STATE 2112 GRACIE S.	PULSE RIDE STATE 2185 AVERY P. PILATES STATE 2121 ASHLEY S. PUNCH AND POWER LIED BOXING STUDIO CARLOS F.
5:30 - 6:45PM				RESTORATIVE YOGA STATE 2112 KIMBERLY H.
6:30 - 7:20PM	CYCLE FIT STATE 2185 OLIVIA O. AQUA ZUMBA STATE POOL SARAH S. BARRE STATE 2121 BRIDGET W.	YOGA SCULPT STATE 2218 ANIKKA N. AQUA BLAST STATE POOL NIMA S. POWER BARRE STATE 2121 JOCIE H. YOGA II STATE 2112 CHELSEA M.	PULSE RIDE STATE 2185 ELLA L. YOGA STATE 2112 NIMA S.	PULSE RIDE STATE 2185 AVERY P. AQUA DEEP STATE POOL EVA JO.. PILATES STATE 2121 OLIVIA E. YOGA II STATE 2218 CHELSEA M
6:45 - 7:35PM	YOGA STATE 2112 NIMA S.			

REGISTER HERE!



- 1. GO TO OUR SITE
- 2. SELECT YOUR CLASS
- 3. RESERVE YOUR SPOT

WEEKEND CLASSES

FRIDAY

6:30 - 7:20AM	PULSE RIDE STATE 2185 ELLA L.
9:00 - 9:50AM	BARRE STATE 2121 SOPHIA A.
11:00 - 11:50AM	PILATES STATE 2121 TATUM L.
12:10 - 12:50PM	YOGA SCULPT STATE 2218 KIMBERLY H. CROSS TRAINING FITNESS BEYER 2420-BEYER GYM OLIVIA C. BARRE STATE 2121 SUMMER M.
1:30 - 2:20PM	POWER PILATES STATE 2121 ELLA D.

SATURDAY

8:30 - 9:20AM	YOGA SCULPT* STATE 2218 PAIGE L.
10:00 - 10:50AM	YOGA II STATE 2218 SOPHIA O.

SUNDAY

10:00 - 11:00AM	VINYASA FLOW STATE 2112 SABRINA O.
5:30 - 6:20PM	YOGA SCULPT STATE 2218 ABIGAIL S. PULSE RIDE STATE 2185 ALISON W.