



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
6:15 a.m.	<b>Cycling</b> Keith (SRC East)	<b>Sunrise Yoga</b> Laurel (SRC West)	<b>Cycling</b> Brad (SRC East)	<b>Sunrise Yoga</b> Laurel (SRC West)	<b>Cycling</b> Keith (SRC East)	
7:30 a.m.	<b>Sunrise Yoga</b> Nicole (SRC West)	<b>Sunrise Pilates</b> Grace (SRC West) <b>Intro to Kettlebell</b> Micah (SRC East)	<b>Sunrise Yoga</b> Nicole (SRC West)	<b>Sunrise Pilates</b> Grace (SRC West) <b>Intro to Kettlebell</b> Micah (SRC East)	<b>Sunrise Yoga</b> Nicole (SRC West)	
9:15 a.m.						<b>Saturday Cycling</b> Jon (SRC East)
11:30 a.m.	<b>TRX Bootcamp</b> Jenny (SRC East)	<b>LIIT Circuit</b> Jenny (SRC East)	<b>TRX Bootcamp</b> Jenny (SRC East)	<b>LIIT Circuit</b> Jenny (SRC East)	<b>TRX Bootcamp</b> Jenny (SRC East) <b>Intro to Pilates</b> Julie (SRC West)	
12:30 p.m.	<b>Pilates</b> Julie (SRC West)		<b>Pilates</b> Julie (SRC West)		<b>Stretch &amp; Recovery</b> Julie (SRC West)	
4:00 p.m.	<b>Vandal Vinyasa</b> Donna (SRC West)	<b>Cardio Dance</b> Julie (SRC West)	<b>PilataYoga Power</b> Donna (SRC West)			
5:00 p.m.	<b>Club Cycle</b> Donna (SRC East)		<b>Club Cycle</b> Jenny (SRC East)			<b>Sunday Sculpt Pilates</b> Grace (SRC West)
5:30 p.m.	<b>Hatha Yoga</b> Hadley (SRC West)	<b>Vinyasa Yoga</b> Hadley (SRC West) <b>TRX</b> Julie (SRC East)	<b>Hatha Yoga</b> Hadley (SRC West)	<b>Vinyasa Yoga</b> Hadley (SRC West) <b>TRX</b> Julie (SRC East)	<b>Hatha Yoga</b> Hadley (SRC West)	
6:00 p.m.	<b>Fit 360</b> Austin (SRC East)		<b>Fit 360</b> Austin (SRC East)			<b>Sunday Weekend Wind Down Yoga</b> Nicole (SRC West)
6:30 p.m.	<b>Sculpt Pilates</b> Grace (SRC West)				<b>Sculpt Pilates</b> Grace (SRC West)	

U of I students can access unlimited fitness classes for \$25 per section - prices are prorated and reduce daily.

Non-students must pay for a SRC membership to access unlimited fitness classes.

The fitness schedule is subject to change - all classes are 50 minutes long unless otherwise noted.

No refunds are provided for cancelled or removed classes.

# FITNESS CLASSES

## CLASS DESCRIPTIONS

### **Barre**

An energizing whole-body workout focusing on small muscle isolation that increases tone and strength.

### **Club Cycle**

You're invited to a party on wheels! We'll turn up the beat, turn down the lights, and vibe to the music. Expect 35-40 minutes on the bike and 10-15 minutes on the floor. All experience levels welcome! Themed rides and rider requests will be a part of the party!

### **Cycling**

Pedal your way to a healthier heart and lungs while building leg strength and endurance. Control the intensity of your ride with the twist of your wrist. All experience levels welcome!

### **Fit 360**

Fit360 incorporates functional exercises and dynamic movements to make you stronger and more resilient in your day-to-day life. If you're ready to get fit, this is the class for you!

### **Hatha Yoga**

Focusing on posture and breathing this class helps to balance the mind and body.

### **Intro to Kettlebell (Progressive Class)**

Learn the fundamental techniques and movements of kettlebell training in this functional class. You will be lead through a dynamic full body workout - focusing on both strength and endurance.

### **LIIT Circuit (Light Intensity Interval Training)**

This total-body class incorporates periods of moderate-intensity cardio with strength exercise in a circuit style format. Suitable for all fitness levels and abilities. No floor exercises are required.

### **Intro to Pilates (Progressive Class)**

Learn the basics of Pilates. Class objectives are to improve strength, flexibility, alignment, and coordination. You will learn to emphasize proper breathing through smooth, flowing movements and become more body aware. This is a necessary starting point before moving onto intermediate Pilates.

### **Intermediate Pilates (Progressive Class)**

This class is intended for those with Pilates experience. Enhance your strength, flexibility, and coordination while incorporating core work and mindful breathing. You'll continue to develop your body awareness and control, while enjoying smooth, flowing movements.

### **PilataYoga Power**

This hybrid workout combines muscle-toning and core strength elements of Pilates with Flexibility, balance asanas and mindfulness of yoga. a challenge beats droppin' booty poppin' workout for all levels

### **Sculpt Pilates**

Sculpt Pilates is a dynamic, strength-focused class that blends traditional Pilates with strength-based exercises and resistance training to give you a full-body workout. You can expect core work, muscular endurance training, mindful breathing integration, and a challenging flow, designed to sculpt and tone the entire body.

### **Sunrise Pilates**

Start your morning right. Sunrise Pilates focuses on building a strong and stable core while improving posture, flexibility, and overall body control. You'll move through a series of dynamic exercises that challenge your balance and coordination, with an emphasis on proper form and controlled breathing. Expect a full-body workout that strengthens deep stabilizing muscles, enhances mobility, and helps you move with greater ease and confidence.

### **Slow Flow Yoga**

This gentle, therapeutic yoga class is based in the Vinyasa Flow tradition, with the speed turned down to slow-flow. This approach is particularly beneficial for low-back pain sufferers. If you've never done yoga before, this is a great place to start. And if you're a seasoned veteran, this is a great place to find your restorative practice.

### **TRX (Progressive Class)**

Challenge both strength and endurance in this class using TRX suspension straps, sandbags, kettlebells, bands, sliders, and more!

### **TRX Bootcamp (Progressive Class)**

Push yourself to the next level with this intense strength and endurance class using TRX suspension straps, sandbags, kettlebells, bands, sliders, and more!

### **Stretch and Recovery**

Relax and enjoy guided stretching to help increase flexibility and recovery. (30 and 50 minute classes are offered)

### **Sunrise Yoga**

Connect to your body, breath, and mind with this 50 minute hatha yoga class. We will combine a variety of asanas and breathwork to realign our yin and yang sides of being. This class is designed for all skill levels, so no matter your experience, come to your mat for a relaxing and rejuvenating practice.

### **Vandal Vinyasa Yoga**

Vandal Vinyasa combines movement in and out of postures (asanas) with core and breath work to build strength & flexibility of body and mind. Arm balances and inversions may be presented, and students are encouraged to modify as needed. Classes are multi-level. Move at your own pace.

**Progressive Class** = Each session or week builds upon knowledge and challenge from previous classes.