

Fitness Classes at UI Student Rec Center

Spring 2026 Schedule | Section 2: March 22 – May 15

Monday Fitness Classes

- 6:15am – Cycling with Keith in SRC West
- 7:30am – Sunrise Yoga with Nicole in SRC West
- 7:30am – Ignite 35 (35 minutes) with Brendan in SRC East
- 11:30am – TRX Bootcamp with Jenny in SRC East
- 12:30pm – Pilates with Julie in SRC West
- 4:00pm – PilataYogaPower with Donna in SRC West
- 5:15pm – Hatha Yoga with Hadley in SRC West
- 5:30pm – Simply Strength with Gracie in SRC East
- 6:15pm – Sculpt Pilates with Grace in SRC West

Tuesday Fitness Classes

- 7:30am – Sunrise Pilates with Grace in SRC West
- 7:30am – Intro to Kettlebell with Micah in SRC East
- 11:30am – LIIT Circuit with Jenny in SRC East
- 5:15pm – Vinyasa Yoga with Hadley in SRC West
- 5:30pm – TRX with Julie in SRC East
- 6:15pm – Cardio Core Pilates with Kyla in SRC West
- 7:15pm – Power 35 Cycle (35 minutes) with Jannelle in SRC West

Wednesday Fitness Classes

- 6:15am – Cycling with Brad in SRC West
- 7:30am – Sunrise Yoga with Nicole in SRC West
- 7:30am – Ignite 35 (35 minutes) with Jessica in SRC East
- 11:30am – TRX Bootcamp with Jenny in SRC East
- 12:30pm – Pilates with Julie in SRC West
- 4:00pm – PilataYogaPower with Donna in SRC West
- 5:15pm – Hatha Yoga with Hadley in SRC West
- 5:30pm – Simply Strength with Gracie in SRC East
- 6:15pm – Cycle & Sculpt with Jenny in SRC West

Thursday Fitness Classes

7:30am – Sunrise Pilates with Grace in SRC West
7:30am – Intro to Kettlebell with Micah in SRC East
11:30am – LIIT Circuit with Jenny in SRC East
4:00pm – Deep Release Yoga with Lori in SRC West
5:15pm – Vinyasa Yoga with Hadley in SRC West
5:30pm – TRX with Julie in SRC East

Friday Fitness Classes

6:15am – Cycling with Keith in SRC West
7:30am – Sunrise Yoga with Nicole in SRC West
7:30am – Ignite 35 (35 minutes) with Austin in SRC East
11:30am – TRX Bootcamp with Jenny in SRC East
12:30pm – Stretch and Recovery with Julie in SRC West
5:15pm – Hatha Yoga with Hadley in SRC West
6:15pm – Sculpt Pilates with Grace in SRC West

Saturday Fitness Classes

9:15am – Cycling with Jon in SRC East
10:15am – Deep Release Yoga with Lori in SRC West
5:00pm – Cardio Core Pilates with Kyla in SRC West

Sunday Fitness Classes

5:00pm – Sculpt Pilates with Grace in SRC West
6:00pm – Weekend Wind-Down Yoga with Nicole in SRC West
7:00pm – Club Cycle with Jannelle in SRC West

UI 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 canceled or removed classes.

Fitness Class Descriptions

Cardio Core Pilates

This class blends Pilates based sculpting with dance inspired cardio. Designed to elevate the heart rate while lengthening and toning the body, this class focuses on deep core activation, alignment, and refined muscle definition.

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!

Cycle & Sculpt

We'll turn up the beat, turn down the lights, and get lost in the music as we ride together. Expect 35-40 minutes on the bike followed by 10-15 of upper body and core exercises. All experience levels are welcome!

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!

Deep Release Yoga

This is not your typical yoga class. You'll experience singing bowls, serene music and lower lighting – all inviting you to step away from the rush and into a few moments of quiet. This gentle class is built on the rhythm of the breath, offering deep muscle release, meditative flow and guided relaxation.

Hatha Yoga

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

Ignite 35 (35-minute class)

Ignite 35 is a fast-paced, full body workout designed to get you sweaty, strong, and back to your day in 35 minutes. Using dumbbells, kettlebells, and cardio, this class blends strength training and heart pumping cardio! Movements are simple, the pace is motivating, and every fitness level is welcome. Expect to leave feeling energized and ready to conquer the rest of your day.

Intro to Kettlebell

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.

PilataYogaPower

This hybrid workout combines muscle-toning and core elements of Pilates with flexibility, balance and mindfulness of yoga.

Pilates

Improve strength, flexibility, technique/alignment, and coordination. By emphasizing proper breathing and concentration on smooth, slow, flowing movements, you become strong and aware of your body and how to control movements.

Power 35 Cycle (35-minute class)

This 35-minute music-driven ride blends a dance-party atmosphere with powerful intervals and rhythm-based movement. It'll be fun, fast, and full-throttle.

Sculpt Pilates

This 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.

Simply Strength

This resistance training class is built around foundational lifts, smart progressions, and proper form. We will focus on key weightlifting movements like squats, hinges, presses, and pulls to build muscle, increase power, and improve overall performance. Take out the guesswork — no gatekeeping or secret formulas, just effective training that meets you where you are. Expect plenty of “I didn’t know I could do that” moments along the way.

Stretch and Recovery

Relax and enjoy guided stretching to help increase flexibility and recovery.

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.

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.

TRX

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

TRX Bootcamp

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

Vinyasa Yoga

Combines slow movements and breath work to give your body a break and encourage muscle recovery. This low-intensity, low impact class will help relieve stress and anxiety, release sore muscles, and increase flexibility.

Weekend Wind-Down Yoga

Unwind and rejuvenate with Weekend Wind-Down Yoga. You will be guided through gentle flows and restorative postures, to help you release tension and prepare mentally and physically for the week ahead.