

## **Fitness Classes at UI Student Rec Center**

Summer 2026 Schedule | Section 1: June 1 – July 2

### **Monday Fitness Classes**

6:15am – Cycling with Keith in SRC West

7:15am – Sunrise Pilates with Grace in SRC West

11:30am – TRX Bootcamp with Jenny in SRC East

12:30pm – Sculpt Pilates with Grace in SRC West

5:00pm – Simply Strength with Gracie in SRC East (starts June 3)

6:00pm – Restorative Yoga with Laurel in SRC West

### **Tuesday Fitness Classes**

7:00am – Ignite Bootcamp with Jenny in SRC East

11:30am – LIIT Circuit with Jenny in SRC East

5:30pm – Cardio Core Pilates with Kyla in SRC West

### **Wednesday Fitness Classes**

6:15am – Cycling with Keith in SRC West

7:00am – Ignite Bootcamp with Jessica in SRC East

11:30am – TRX Bootcamp with Jenny in SRC East

11:30am – Cycling with Jon in SRC West

5:00pm – Simply Strength with Gracie in SRC East

5:30pm – Club Cycle with Jannelle in SRC West

### **Thursday Fitness Classes**

7:00am – Ignite Bootcamp with Jenny in SRC East

7:00am – Sunrise Deep Release Yoga with Lori in SRC West

11:30am – LIIT Circuit with Jenny in SRC West

5:30pm – Cardio Core Pilates with Kyla in SRC West

### **Friday Fitness Classes**

7:15am – Sunrise Pilates with Grace in SRC West

11:30am – TRX Bootcamp with Jenny in SRC East

## Saturday Fitness Classes

9:15am – Deep Release Yoga with Lori 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.

No class on Juneteenth, June 19.

## 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!

### 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!

### Sunrise 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.

### Ignite Bootcamp

Ignite Bootcamp blends resistance 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.

### 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.

### 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.

### 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.

**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.

**Restorative Yoga**

Connect 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 Bootcamp**

Challenge both strength and endurance in this class using TRX suspension straps, sandbags, kettlebells, bands, sliders and more! \*This is a progressive class in which each session builds upon knowledge and challenges from previous classes.