

RECREATION & WELLBEING

**FITNESS**

# FITNESS CLASSES

FALL 2025 SCHEDULE | **Section 1: September 2 - October 18**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.	<b>Cycling</b> Keith (SRC East)		<b>Cycling</b> Brad (SRC East)		<b>Cycling</b> Keith (SRC East)
11:30 a.m.	<b>TRX Bootcamp</b> Jenny (SRC East)	<b>TBBC</b> Jenny (SRC East) <b>Body Toning</b> Julie (SRC West)	<b>TRX Bootcamp</b> Jenny (SRC East)	<b>TBBC</b> Jenny (SRC East) <b>Intro into Pilates</b> Julie (SRC West)	<b>TRX Bootcamp</b> Jenny (SRC East)
12:30 p.m.	<b>Intermediate Pilates</b> Julie (SRC West)	<b>Cycling</b> Jon (SRC East) <b>Slow Flow Yoga</b> Lori (SRC West)	<b>Intermediate Pilates</b> Julie (SRC West)	<b>Cycling</b> Jon (SRC East) <b>Slow Flow Yoga</b> Lori (SRC West)	<b>Stretch and Recovery</b> Julie (SRC West)
5:00 p.m.	<b>Club Cycle</b> Jenny (SRC East)		<b>Club Cycle</b> Jenny (SRC East)		
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)
6:30 p.m.		<b>Stretch and Recovery</b> Julie (SRC East) (6:20-6:50)		<b>Stretch and Recovery</b> Julie (SRC East) (6:20-6:50)  <b>Barre</b> Merina (SRC West) (6:30-7:20)	

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.

#### **Body Toning**

Tighten up and tone your whole body using light weights, bands, and body weight movements mixed with cardio activities.

#### **Cardio Dance (Progressive Class)**

This class is designed to teach you fun and energetic dance combinations aimed towards improving your overall cardio health and endurance. Participants will gradually be pushed to grow their personal endurance at their own pace while still learning.

#### **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!

#### **Hatha Yoga**

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

#### **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.

#### **Kettlebell Plus (Progressive Class)**

Learn the fundamentals of using kettlebells with new movements covered each week. This class will combine 30 minutes of kettlebell activity with 20 minutes of stretching and recovery.

#### **Mat 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.

#### **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.

#### **TBBC (Total Body Boot Camp)**

This total body class focuses on growing muscle and gaining strength using a variety of equipment and resistance exercises.

#### **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 50 minutes of guided stretching to help increase flexibility and recovery.

#### **Sunrise Yoga**

This Vinyasa flow style class combines breath practice with strengthening movements that gradually wake up your mind and body. This morning class will bring you energy and set a positive tone for your day.

#### **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.

#### **Yoga Power Flow**

This 30 minute class incorporates dynamic poses and flows to challenge both mind and body.

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