

**BEGINNING 8/28**

# GROUP X

WEEKLY SCHEDULE

## MONDAY

**4:00PM-4:30PM**

**UNWIND**

**SARAH (DS)**

**6:00PM-7:00PM**

**KICKBOXING**

**ASHTON (AR)**

**6:00PM-7:00PM**

**DEEP STRETCHING**

**ANAHI (DS)**

**7:00PM-7:45PM**

**PILATES**

**SADIE (DS)**

## TUESDAY

**7:00AM-7:45AM**

**RISE & GRIND**

**MIK (AR)**

**4:00PM-5:00PM**

**PANTHER CYCLE**

**MIK (SYN)**

**6:00PM-6:45PM**

**ZUMBA**

**ZOIE (AR)**

**6:00PM-7:00PM**

**DEEP STRETCHING**

**ANAHI (DS)**

**7:00PM-8:00PM**

**AB ATTACK**

**ASHTON (AR)**

**7:00PM-8:00PM**

**YOGA**

**JB (DS)**

## WEDNESDAY

**4:00PM-4:30PM**

**UNWIND**

**SARAH (DS)**

**6:00PM-7:00PM**

**KICKBOXING**

**ASHTON (AR)**

**6:00PM-7:00PM**

**DEEP STRETCHING**

**ANAHI (DS)**

## THURSDAY

**4:00PM-5:00PM**

**PANTHER CYCLE**

**MIK (SYN)**

**6:00PM-6:45PM**

**PILATES**

**SADIE (DS)**

**7:00PM-8:00PM**

**AB ATTACK**

**ASHTON (DS)**

**AR**  
**Aerobics**  
**Room**

**SYN**  
**Synrgy Studio**

**DS**  
**Dance Studio**

**POOL**  
**LANTZ POOL**

## FRIDAY

**ENJOY THE**  
**OUTDOORS!**

217/581-2820  
[WWW.EIU.EDU/CAMPUSREC](http://WWW.EIU.EDU/CAMPUSREC)

**CAMPUS RECREATION GROUP**  
**FITNESS CLASSES ARE ALWAYS**  
**FREE!**

**FOR THE LATEST INFORMATION**  
**FOLLOW @EIUGROUPFITNESS ON**  
**INSTAGRAM!**

[CAMPUSREC@EIU.EDU](mailto:CAMPUSREC@EIU.EDU)



**CAMPUS**  
**RECREATION**

**Ab Attack** - This class is designed to give you a complete ab workout with cardio conditioning. You'll leave feeling like you have the ultimate 6 pack!

**Zumba**- A dance fitness class that combines Latin and international music with dance moves. Routines incorporate interval training, alternating fast and slow rhythms, as you increase your cardiovascular fitness.

**Panther Cycle** - This class is excellent for improving your cardiovascular fitness. Hill climbs, sprints and a variety of other drills and exercises await you on the bike. Everyone is welcome to participate, regardless of their skill level. An indoor cycling class is choreographed to thrilling music that will give you a great workout.

**Deep Stretching** - Let your muscles relax. Join us for an active stretching class that will give you the relief of a lifetime.

**Rise & Grind** - Looking for something new to start your day on the right track? This high-intensity workout will really kick up your morning routine with something new in every class! Don't miss out on the opportunity to try all sorts of new equipment while challenging your mind and body.

**Kickboxing** - This class is not only a workout but a way to learn basic martial arts. It is a great full-body workout that will increase your flexibility and skills.

**Unwind** - Join us in a safe and supportive space to unwind from a stressful day. This class uses progressive body relaxation and mindful meditation to help you relax and take some time for yourself. And you can take these techniques with you to use every day!

**Pilates** – Work on your flexibility, core strength, & endurance by performing movements that flow together in a graceful and efficient way

**Yoga**– Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures and movements.