

SRC GROUP FITNESS SUMMER 2021

MAY 24-JUNE 27

MONDAY

5-5:45 WERK
Eva

6-6:30 GLUTE LAB
Eva

TUESDAY

5-5:45 STEP
Eva

6-6:45 ZUMBA
Eva

WEDNESDAY

5-5:45 WERK
Eva

6-6:30 GLUTE
LAB
Eva

THURSDAY

5-5:45 STEP
Eva

6-6:45 ZUMBA
Eva

SATURDAY

Noon-12:30pm
HIIT
Eric

12:30-1:00pm
ABS
Eric

SUNDAY

Noon-12:30pm
HIIT
Eric

12:30-1:00pm
ABS
Eric

Campus Recreation Group fitness
classes are always FREE!

Register for a class at
www.imleagues.com and log in!

AR Aerobics Room

SYN
Synrgy Studio

DS
Dance Studio



217/581-2820
www.eiu.edu/campusrec

campusrec@eiu.edu

Glute Lab– Looking for a quick and intense glute + leg work out? This class is designed to target your booty while getting full body cardio at the same time.

Step it Up- Step up your fitness with this step class! With a good mixture of cardio and strength training, you will leave feeling good!

Werk-cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

Zoomba-a dance 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!

HIIT- This high intensity interval training class is for those looking to burn some calories and sweat it out! This full body, high intensity workout will not disappoint.

Abs- 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!