

# SRC GROUP FITNESS FALL 2020

UPDATED AS OF 10/12/2020

## MONDAY

8:30-9:15AM Rise and Grind  
Lyndsey (AR)

4-4:30pm Six Pack Abs  
Lyndsey (AR)

5:30-6pm Barre/latates  
Hollie (DS)

5-5:55pm Power Hour  
Ian (AR)

5-5:55pm Spin and Tone  
Jenna (SYN)

6pm-7pm Pilates  
Hollie (DS)

6:30-7:15pm Water Aerobics  
Lyndsey (Pool)

## TUESDAY

5-5:55pm Upper Body  
Ian (SYN)

5-5:45pm Yoga  
Hollie (DS)

5:30-6:30 Step it Up  
Maya (AR)

6-6:45 Build and Burn  
Shelby (SYN)

## WEDNESDAY

8:30-9:30am Yoga  
Hollie (DS)

5-5:55pm Power Hour  
Ian (AR)

5-5:55pm Spin and Tone  
Jenna (SYN)

5-5:30 Glute Lab  
Shelby (DS)

6-6:55pm Step it Up  
Maya (AR)

6:15-7:00 Yoga  
Kara (SYN)

AR  
**Aerobics  
Room**

SYN  
**Synrgy  
Studio**

DS  
**Dance  
Studio**

POOL  
**Lantz Pool**

Campus Recreation  
Group fitness classes  
are always FREE!

Register for a class at  
[www.imleagues.com](http://www.imleagues.com)  
and log in!

For the latest  
information follow  
EIU Group Fitness on  
Instagram and  
Twitter!

## THURSDAY

8:30-9:15am Rise and Grind  
Ian (SYN)

5-5:45pm Full Body/HIIT  
Maya (AR)

5-5:55 Build and Burn  
Shelby (DS)

6-7pm Pilates  
Hollie (DS)

217/581-2820  
[www.eiu.edu/campusrec](http://www.eiu.edu/campusrec)



CAMPUS  
RECREATION

[campusrec@eiu.edu](mailto:campusrec@eiu.edu)

# CLASS DESCRIPTIONS

**6 Pack 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!

**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.

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

**Build & Burn-** If you're interested in building muscle and burning fat, this one is for you! Come get in a great full body workout to tone and sculpt!

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

**Power Hour-** Short on time but need a great workout? This workout will test your limits to achieve unparalleled results.

**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.

**Spin & Tone-** Reach maximum fat burn by incorporating both cardio and strength training into a single class. Experience intense spin bike training as well as full body toning for a complete high intensity workout.

**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.

**Upper Body-** This class is designed to target and strengthen the upper body muscles. Experience a toning session like never before!

## NEW!!!

**Water Aerobics-** We are now introducing a class in the pool! Come get in a fun workout by learning different exercise you can do in the water. This type of resistance training will leave you feeling refreshed and good after a solid workout!

**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!

**Barrelates-** a fusion style workout blending Pilates, Barre, and yoga techniques. This challenging workout is designed to flow from one move to the next using tension and high repetitions.