

SRC GROUP FITNESS FALL 2021

AUGUST 23-27

MONDAY

4-4:45 HIIT
Hunter (SYN)

4:15-4:55 Power Yoga
Eva (DS)

5-5:45 Swole Hour
Hunter (SYN)

5-5:30 Barre
Kylie (DS)

5-6:00 Step it Up
Eva (AR)

6-7:00 Werk
Eva (AR)

7-7:30 Relaxing Yoga
Eva (DS)

TUESDAY

4-4:45 Barre
Eva (DS)

5-6:00 Zoomba
Eva (AR)

6-7:00 Burn to
the Beat
Eva (AR)

7-7:30 Power
Yoga
Eva (AR)

WEDNESDAY

4-4:30 Power Yoga
Eva (DS)

5-5:30 Glute Lab
Kylie (SYN)

5-6:00 Step it Up
Eva (AR)

6-7:00 Werk
Eva (DS)

7-8:00 Relaxing Yoga
Eva (AR)

THURSDAY

4:30-5 Ballet Barre
Eva (DS)

5:15-5:45 Glute Lab
Eva (AR)

6-6:45 Yoga Sculpt
Kylie (DS)

AR
Aerobics
Room

SYN
Synrgy
Studio

DS
Dance
Studio

Campus Recreation
Group fitness classes
are always FREE!

For the latest
information follow
@eiugroupfitness on
Instagram!

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CAMPUS
RECREATION

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!

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.