

SRC GROUP FITNESS FALL 2021

MONDAY

7:30-8:00am Rise and Stretch
Eva (DS)

4-4:45 HIIT
Hunter (SYN)

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 Yoga
Eva (DS)

TUESDAY

12-12:30 HIIT
Eric (SYN)

12:30-1:00 Deep Stretching
Eric (AR)

4-4:45 Barre
Eva (DS)

5-5:45 Panther Cycle
Anahi (SYN)

5-6:00 Zoomba
Eva (DS)

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

7-7:30 Power Yoga
Eva (DS)

WEDNESDAY

5-5:30 Glute Lab
Kylie (DS)

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

6-7:00 Werk
Eva (DS)

7-8:00 Yoga
Eva (DS)

THURSDAY

12-12:30 HIIT and Abs
Eric (SYN)

12:30-1:00 Deep Stretching
Eric (DS)

4:30-5 Barre
Eva (DS)

5-5:45 Panther Cycle
Anahi (SYN)

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

6-6:45 Yoga Sculpt
Kylie (DS)

FRIDAY

7-8:00am Yoga
Eva (DS)

8-9:00AM Step it Up
Eva (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!

campusrec@eiu.edu

217/581-2820

www.eiu.edu/campusrec



CAMPUS
RECREATION

CLASS DESCRIPTIONS

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 workout? This class is designed to target your booty while getting full-body cardio at the same time.

Swole Hour- If you are looking to build your upper body while enjoying a fun class atmosphere then Swole Hour is for you!

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

Yoga Sculpt- A unique combination of power yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this high-intensity workout will leave you feeling stronger, refreshed, and uplifted.

Burn to the Beat – If you are interested in building muscle and burning fat while working out to the beat of the music, this one is for you! Come get a great full-body workout to tone and sculpt your body.

Power Yoga- A fast-paced style of yoga that is focused on building strength and endurance.

Zoomba- 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.

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.

Werk- Dance your heart out to get a great workout! This class will make you forget you are even working out with fun choreography and music to get in a great cardio session!

Rise and Stretch- Start your day off with a full-body stretch session incorporating yoga elements!

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!

Barre- A workout class inspired by ballet and pilates, combined with strength training for a low-intensity full-body workout.