

SRC GROUP FITNESS SPRING 2021

MONDAY

4:00-4:45 Power Hour
Ian (DS)

4-4:45 Cycling
Hunter (SYN)

5:00-5:55 Zoomba
Eva (AR)

6:00-6:30 Glute Lab
Shelby (AR)

6:30-7:15 Yoga
Kylie (DS)

TUESDAY

4:00-4:45 HIIT
Hunter (AR)

4:00-4:45 Pilates
Kylie (DS)

5:00-5:45 Barre
Kylie (DS)

5:00-5:55 Zoomba
Eva (AR)

6:00-6:45 Step It Up
Eva (AR)

6:00-6:30 Abs
Eric (SYN)

7:30-8:15 Power Yoga
Phoebe (DS)

WEDNESDAY

4:00-4:45 Cycling
Hunter (SYN)

4:30-5:00 Barre
Eva (DS)

5:00-5:55 Zoomba
Eva (AR)

5:30-6:30 Relaxing
Yoga
Phoebe (DS)

6:00-6:30 Glute Lab
Shelby (AR)

THURSDAY

7:30-8:00AM Abs
Eva (DS)

4:00-4:45 Power Hour
Ian (SYN)

5:00-5:30 Guts and
Buns
Phoebe (SYN)

6:00-6:45 Werk
Eva (DS)

6:00-6:45 HIIT
Eric (AR)

7:00-7:45 Restore/Deep
Stretching
Eric (DS)

AR
Aerobics
Room

SYN
Synrgy
Studio

DS
Dance
Studio

Friday

8:00-8:45AM Rise &
Grind
Eva (AR)

4:00-4:55 Zoomba
Eva (DS)

Campus Recreation
Group fitness classes
are always FREE!

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



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