



GROUP X

WEEKLY SCHEDULE

BEGINNING 1/15

MONDAY

 **KICKBOXING**
8:00AM-9:00AM
ASHTON (AR)


 **WEIGHT LIFTING
BASICS**
4:00PM-5:00PM
EMMA (AR)

 **GLUTE LAB**
5:00PM-6:00PM
EVITA (AR)

 **PILATES**
5:00PM-6:00PM
EMMA (DS)

 **AB ATTACK**
6:00PM-7:00PM
JASMIN (AR)

 **ZUMBA**
6:00PM-7:00PM
EVITA (DS)


 **POWER YOGA**
7:00PM-8:00PM
EVITA (DS)

THURSDAY

 **AB ATTACK**
8:00AM-9:00AM
ASHTON (AR)

 **YOGA**
4:00PM-5:00PM
JB (DS)

 **IT HIIT DIFFERENT**
4:00PM-5:00PM
CHRIS (AR)

 **DEEP STRETCHING**
5:30PM-6:30PM
ANAHI (DS)

CAMPUS RECREATION GROUP
FITNESS CLASSES ARE ALWAYS

FREE

TUESDAY

 **RISE & GRIND**
6:45AM-7:30AM
MIK (AR)


 **IT HIIT DIFFERENT**
4:00PM-5:00PM
CHRIS (AR)

 **MELTDOWN**
5:00PM-5:30PM
SARAH (DS)

 **STEP IT UP**
5:00PM-6:00PM
EVITA (AR)

 **SOUL CYCLE**
5:30PM-6:30PM
ANAHI (SYN)

 **WERK**
6:00PM-7:00PM
EVITA (AR)

 **PILATES**
7:00PM-8:00PM
EVITA (AR)

 **YOGA**
7:00PM-8:00PM
JB (DS)

AR - AEROBICS ROOM
SYN - SYNRGY STUDIO
DS - DANCE STUDIO

(217) - 581 - 2820
WWW.EIU.EDU/CAMPUSREC



CAMPUS
RECREATION

CAMPUSREC@EIU.EDU

WEDNESDAY

 **KICKBOXING**
8:00AM-9:00AM
ASHTON (AR)

 **HOT YOGA**
8:00AM-9:00AM
EMMA (DS)

 **WEIGHT LIFTING
BASICS**
4:00PM-5:00PM
EMMA (AR)

 **MELTDOWN**
5:00PM-5:30PM
SARAH (DS)


 **GLUTE LAB**
5:00PM-6:00PM
EVITA (AR)


 **DEEP STRETCHING**
5:30PM-6:30PM
ANAHI (DS)

 **AB ATTACK**
6:00PM-7:00PM
JASMIN (AR)

 **ZUMBA**
6:30PM-7:30PM
EVITA (DS)

 **HOT YOGA**
7:30PM-8:30PM
EMMA (AR)

 **POWER YOGA**
7:30PM-8:30PM
EVITA (DS)

 **SPINERGY**
7:30PM-8:30PM
CHRIS (SYN)

FOR THE LATEST INFORMATION
FOLLOW @EIUGROUPFITNESS

