

CAMPUS RECREATION 2018 Fall Schedule



Effective Thursday, Nov. 29, 2018

SRC Building Hours

Sun - 12pm - 11pm

M-Th - 6am - 11pm

Fri - 6am - 10pm

Sat 8am - 8pm

SRC Pool

Sun - 12pm - 10pm

M-Thur - 6-8am & 11am - 10pm

Fri - 6-8am & 11am - 9pm

Sat 8am - 7pm

HHS/ North Gym

CLOSED until further notice

Arena Pool - Reservations Only



GroupX classes begin on Monday, Aug. 20, 2018

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:00AM		RealRyder	BodyPump	RealRyder			
7:00AM		Yoga		Yin Yoga			
9:00AM						BodyPump	
10:15AM						Yoga	
11:00AM	Senior Splash		Senior Splash		Senior Splash		
12:00PM	NEW! HIIT Express	NEW! Power Flow Yoga	*Kettlebells Xpress	Yoga			
5:15PM	Bootcamp Yoga/Pilates	BodyPump	RealRyder Strength	BodyPump Bootcamp			
5:45PM		NEW! Hard Core Xpress	NEW! Hard Core Xpress				
6:30PM	Cycle Beats	Zumba	Zumba				
7:00PM							Zumba
7:45PM	Zumba	Yoga	Yin Yoga				

***Xpress Class = 30 minutes**

Blue = Pool class

Green = NEW class

QUESTIONS about schedule? Contact Theresa at X8096 or tortega@indstate.edu

