

2019 Spring Schedule CAMPUS RECREATION

Effective Tuesday, Jan. 14, 2019



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/Arena

CLOSED



Group X Schedule Spring 2019

Indiana State University Campus Recreation

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		RealRyder <i>(cycle studio)</i>	BodyPump <i>(group x room)</i>	RealRyder <i>(cycle studio)</i>			
7am		Yoga <i>(main group x room)</i>		Yoga <i>(main group x room)</i>			
9am						BodyPump <i>(main group x room)</i>	
10:15am						Yoga <i>(main group x room)</i>	
11am	Water Aerobics <i>(pool)</i>		Water Aerobics <i>(pool)</i>				
12pm	RealRyder Xpress* <i>(cycle studio)</i>	Power Yoga Flow <i>(main group x room)</i>	Kettlebells Xpress* <i>(main group x room)</i>	Yoga <i>(main group x room)</i>			
4pm	BodyPump <i>(main group x room)</i>		HIIT Xpress* <i>(main group x room)</i>	Bootcamp <i>(main group x room)</i>			
4:30pm	Core Xpress* <i>(combatives room)</i>						
5:15pm	HIIT Xpress <i>(main group x room)</i>	BodyPump <i>(main group x room)</i>	RealRyder <i>(cycle studio)</i>	BodyPump <i>(main group x room)</i>			
	Yoga Pilates <i>(combatives room)</i>	RealRyder Strength <i>(Cycle and combatives room)</i>	Bootcamp <i>(main group x room)</i>				
5:45pm			Core Xpress* <i>(combatives room)</i>				
6:30pm	Zumba <i>(main group x room)</i>	Zumba <i>(main group x room)</i>					
7:00pm							
7:45pm		Intermediate Yoga <i>(main group x room)</i>	Yin Yoga <i>(main group x room)</i>				

Class Key

- = Strength
- = Yoga/ Mind Body
- = Core
- = Cardio Strength Mix
- = RealRyder/Cycle
- = Zumba
- = Aqua

Xpress* = 30 min class

► This GroupX schedule takes effect on Feb. 1, 2019

For full class descriptions, pick up a copy in our main floor kiosks or go to our website:

<https://www.indstate.edu/student-affairs/campus-rec/fitness/groupx-classes>