

JAN 14<sup>th</sup> – MAY 4<sup>th</sup>

# Spring 2019

**SIUE**  
Campus Recreation

Approved for posting  
Student Involvement Center  
01/02/2019  
Date to remove posting  
06/01/2019

## Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>yogaFit</b> 7:30-8:30AM <b>B</b>	<b>CYCLE 45</b> 6:30-7:15AM <b>CZ</b>	<b>yogaFit</b> 7:30-8:30AM <b>B</b>		<b>CYCLE 60</b> 9:15-10:15AM <b>CZ</b>
<b>ZUU</b> 12:15-12:45PM <b>B</b>	<b>Complete Core</b> 12:15-12:45PM <b>A</b>	<b>Healing Yoga</b> 12-12:50PM <b>A</b>	<b>Complete Core</b> 12:15-12:45PM <b>A</b>	<b>yogaFit</b> 9:15-10:15AM <b>B</b>
<b>Healing Yoga</b> 4-4:50PM <b>B</b>	<b>CYCLE</b> 5-5:50PM <b>CZ</b>	<b>Body Blast</b> 5-5:50PM <b>A</b>	<b>CYCLE EXPRESS</b> 12-12:30PM <b>CZ</b>	
<b>Total Arms &amp; Abs</b> 4:15-4:45PM <b>A</b>	<b>Boot Camp</b> 5:30-6:30PM <b>SAC</b>	<b>Restorative Yoga</b> 5:15-6:15PM <b>B</b>	<b>CYCLE CIRCUIT</b> 5:15-6:15PM <b>B</b>	
<b>CYCLE 60</b> 5-6PM <b>CZ</b>	<b>ZUMBA</b> 6:15-7:15PM <b>A</b>	<b>CYCLE 60</b> 6-7PM <b>CZ</b>	<b>Boot Camp</b> 5:30-6:30PM <b>SAC</b>	
<b>KETTLEBELL</b> 5:30-6PM <b>A</b>	<b>yoga</b> 7-8PM <b>B</b>	<b>ZUMBA</b> 6:30-7:30PM <b>A</b>	<b>yoga Flow</b> 6:30-7:30PM <b>B</b>	
<b>WORLD DANCE</b> 6:15-7:15PM <b>A</b>				

Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive later than the warm-up period.

Campus Recreation reserves the right to cancel any class on the basis of low attendance. Class sizes may also be limited due to space and equipment limitations.

Schedule subject to change. Changes will be posted on [siue.edu/crec](http://siue.edu/crec) and available on the IMLeagues mobile application. Special group fitness classes will also be posted on the site and app.

Please call (618)650-2348 for more information

Fulfill your health experience credit for general education through your participation in yoga. Visit the SFC Reception Desk for more information.

Register for classes using the  app or check the  website [www.imleagues.com/siue](http://www.imleagues.com/siue)

### Key

GROUP FITNESS A **A**

GROUP FITNESS B **B**

CYCLE ZONE **CZ**

STUDENT ACTIVITY CENTER **SAC**

**SIUE**  
Campus Recreation  
[SIUE.EDU/CREC](http://SIUE.EDU/CREC)

HEALTH & WELLNESS

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