

RECREATION & WELLBEING

**FITNESS**

# FITNESS CLASSES

SUMMER 2025 SCHEDULE | **Section 1: May 26 - July 4**

**NO CLASSES | May 26, June 19, July 4**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.	<b>Cycling</b> Keith (SRC East)	<b>Mat Pilates</b> Jingru (SRC West)	<b>Cycling</b> Keith (SRC East)	<b>Mat Pilates</b> Jingru (SRC West)	<b>Cycling</b> Keith (SRC East)
11:30 a.m.	<b>TRX Bootcamp</b> Jenny (SRC East) <i>Starts 6/2</i>	<b>TBBC</b> Jenny (SRC East) <i>Starts 6/3</i>	<b>TRX Bootcamp</b> Jenny (SRC East) <i>Starts 6/4</i>	<b>TBBC</b> Jenny (SRC East) <i>Starts 6/5</i>	<b>TRX Bootcamp</b> Jenny (SRC East) <i>Starts 6/6</i>
12:30 p.m.	<b>Mat Pilates</b> Julie (SRC West)	<b>Body Toning</b> Julie (SRC West)	<b>Mat Pilates</b> Julie (SRC West)	<b>Stretch &amp; Recover</b> Julie (SRC West)	
5:00 p.m.	<b>Cycling Plus</b> Donna (SRC East)		<b>Cycling Plus</b> Donna (SRC East)		
5:30 p.m.	<b>Hatha Yoga</b> Pragati (SRC West)	<b>Barre</b> Merina (SRC West) <b>Intro to TRX</b> Julie (SRC East)	<b>Hatha Yoga</b> Pragati (SRC West)	<b>Barre</b> Merina (SRC West) <b>Intro to TRX</b> Julie (SRC East)	
6:00 p.m.	<b>Yoga Power Flow</b> <i>30 Minutes</i> Donna (SRC East)		<b>Yoga Power Flow</b> <i>30 Minutes</i> Donna (SRC East)		

U of I students can access unlimited fitness classes for \$25 per section - prices are prorated and reduce daily.

Non-students must pay for a SRC membership to access unlimited fitness classes.

The fitness schedule is subject to change - all classes are 50 minutes long unless otherwise noted.

No refunds are provided for cancelled or removed classes.

# FITNESS

## CLASSES

### CLASS DESCRIPTIONS

#### **Barre**

An energizing whole-body workout focusing on small muscle isolation that increases tone and strength.

#### **Body Toning**

Tighten up and tone your whole body using light weights, bands, and body weight movements mixed with cardio activities.

#### **Cardio Dance (Progressive Class)**

This class is designed to teach you fun and energetic dance combinations aimed towards improving your overall cardio health and endurance. Participants will gradually be pushed to grow their personal endurance at their own pace while still learning.

#### **Cycling**

Pedal your way to a healthier heart and lungs while building leg strength and endurance. Control the intensity of your ride with the twist of your wrist. All experience levels welcome!

#### **Cycling Plus**

Pedal your way to a healthier heart and lungs while building leg strength and endurance. Control the intensity of your ride with the twist of your wrist. This class includes core work off the bike. All experience levels welcome!

#### **Hatha Yoga**

Focusing on posture and breathing this class helps to balance the mind and body.

#### **Intro to TRX (Progressive Class)**

Learn the fundamentals of using TRX suspension straps to build total-body muscular strength and endurance. This class will gradually introduce participants to TRX movements, and is a great way for beginners to start strength training.

#### **Kettlebell Plus (Progressive Class)**

Learn the fundamentals of using kettlebells with new movements covered each week. This class will combine 30 minutes of kettlebell activity with 20 minutes of stretching and recovery.

#### **Mat Pilates (Progressive Class)**

Improve strength, flexibility, technique/alignment, and coordination. By emphasizing proper breathing and concentration on smooth, slow, flowing movements, you become strong and aware of your body and how to control movements.

#### **SlowFlow Yoga**

This gentle, therapeutic yoga class is based in the Vinyasa Flow tradition, with the speed turned down to slow-flow. This approach is particularly beneficial for low-back pain sufferers. If you've never done yoga before, this is a great place to start. And if you're a seasoned veteran, this is a great place to find your restorative practice.

#### **Stretch and Recover**

Relax and enjoy 50 minutes of guided stretching to help increase flexibility and recovery.

#### **Sunrise Yoga**

This Vinyasa flow style class combines breath practice with strengthening movements that gradually wake up your mind and body. This morning class will bring you energy and set a positive tone for your day.

#### **TBBC (Total Body Boot Camp)**

This total body class uses a variety of equipment and training methods to challenge both strength and cardio.

#### **TRX Bootcamp (Progressive Class)**

Challenge both strength and endurance in this class using TRX suspension straps, sandbells, kettlebells, bands, sliders, and more!

#### **Vinyasa Yoga**

Combines slow movements and breath work to give your body a break and encourage muscle recovery. This low-intensity, low impact class will help relieve stress and anxiety, release sore muscles, and increase flexibility.

#### **Yoga Power Flow**

This 30 minute class incorporates dynamic poses and flows to challenge both mind and body.

***Progressive Class** = Each session or week builds upon knowledge and challenge from previous classes.*