

RECREATION & WELLBEING

FITNESS

FITNESS CLASSES

SPRING 2025 SCHEDULE | Section 1: January 13 - March 9

NO CLASSES | January 20 & February 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.			Cycling Brad (SRC East)		
7:30 a.m.	Sunrise Yoga Hadley (SRC West)		Sunrise Yoga Hadley (SRC West)		Sunrise Yoga Hadley (SRC West)
11:30 a.m.	TRX Bootcamp Jenny (SRC East) Slow Flow Yoga Lori (SRC West)	Cycling (Late Start 2/13) Jon (SRC East) Kettlebell Plus Ben (SRC West)	TRX Bootcamp Jenny (SRC East) Slow Flow Yoga Lori (SRC West)	Cycling (Late Start 2/13) Jon (SRC East) Kettlebell Plus Ben (SRC West)	TRX Bootcamp Jenny (SRC East) Slow Flow Yoga Lori (SRC West)
12:30 p.m.	Pilates Julie (SRC West)	Glute Camp Jenny (SRC East) Body Toning Julie (SRC West)	Pilates Julie (SRC West)	Glute Camp Jenny (SRC East) Body Toning Julie (SRC West)	Stretch & Recover Julie (SRC West)
5:30 p.m.	Cycling Plus Donna (SRC East) Kettlebell Plus Ben (SRC West)	Intro to TRX Julie (SRC East)	Kettlebell Plus Ben (SRC West)	Barre Merina (SRC West) Intro to TRX Julie (SRC East)	
6:30 p.m.		Cardio Dance Jessica (SRC West)		Cardio Dance Jessica (SRC West)	
7:30 p.m.		Vinyasa Yoga Hadley (SRC West)		Vinyasa Yoga Hadley (SRC West)	

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 general 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.



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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.

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!

Glute Bootcamp

This lower-body-focused class is designed to help you maximize growth and strength in your glutes. Through a combination of targeted exercises and progressive resistance training, you'll sculpt and strengthen your lower 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.

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

End your week with 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.

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.

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

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