

GROUP X

WEEKLY SCHEDULE

MONDAY

4 PM-4:45 PM PANTHER CYCLE
ANAHI (SYN)
4 PM -4:35 PM KICKBOXING
EVA (AR)
4 PM - 4:45 PM ABS
ZOIE (DS)
5 PM - 5:45 PM YOGA
KYLIE (DS)
5 PM - 6 PM STEP IT UP
EVA (AR)
6 PM - 7 PM ZOOMBA
EVA (DS)
7 PM - 8 PM DEEP STRETCHING
EVA (DS)

TUESDAY

4 PM-4:45 PM HIIT
ZOIE (AR)
4 PM -4:30 PM CARDIO
DRUMMING
EVA (DS)
5 PM - 6 PM WERK
EVA (DS)
6 PM - 6:45 PM GLUTE LAB
EVA (DS)
7 PM - 7:45 PM POWER YOGA
EVA (DS)

WEDNESDAY

4 PM-4:45 PM HITT
ANAHI (AR)
4 PM -4:35 PM KICKBOXING
EVA (DS)
5 PM - 6 PM STEP IT UP
EVA (AR)
6 PM - 7 PM ZOOMBA
EVA (DS)
7 PM - 8 PM YOGA
EVA (DS)

THURSDAY

4 PM-4:45 PM PANTHER CYCLE
ANAHI (SYN)
4 PM -4:30 PM CARDIO
DRUMMING
EVA (DS)
5 PM - 5:45 PM DEEP
STRETCHING
ERIC (DS)

AR
**Aerobics
Room**

SYN
Synrgy Studio

DS
Dance Studio

CAMPUS RECREATION GROUP
FITNESS CLASSES ARE ALWAYS
FREE!

FOR THE LATEST INFORMATION
FOLLOW @EIUGROUPFITNESS ON
INSTAGRAM!

CAMPUSREC@EIU.EDU



CAMPUS
RECREATION

217/581-2820
WWW.EIU.EDU/CAMPUSREC

Abs - This class is designed to give you a complete ab workout with cardio conditioning. You'll leave feeling like you have the ultimate 6 pack!

Glute Lab– Looking for a quick and intense glute + leg work out? This class is designed to target your booty while getting full body cardio at the same time.

Swole Hour - If you are looking to build your upper body while enjoying a fun class atmosphere then Swole Hour is for you!

Yoga– Come to Yoga and experience calm and meditation. This class will consist of a variety of yoga postures and movements.

.Burn to the Beat- If you're interested in building muscle and burning fat while working out to the beat of the music, this one is for you! Come get in a great full body workout to tone and sculpt!

Power Yoga - A fast-paced style of yoga that is focused on building strength and endurance.

Zoomba - A dance fitness class that combines Latin and international music with dance moves. Routines incorporate interval training, alternating fast and slow rhythms, as you increase your cardiovascular fitness.

Panther Cycle - This class is excellent for improving your cardiovascular fitness. Hill climbs, sprints and a variety of other drills and exercises await you on the bike. Everyone is welcome to participate, regardless of their skill level. An indoor cycling class is choreographed to thrilling music that will give you a great workout.

HIIT- This high intensity interval training class is for those looking to burn some calories and sweat it out! This full body, high intensity workout will not disappoint.

Werk - Dance your heart out to get a great workout! This class will make you forget you are even working out with fun choreography and music to get in a great cardio session!

Rise & Stretch - Start your day off with a full-body stretch session incorporating yoga elements!

Step it Up- Step up your fitness with this step class! With a good mixture of cardio and strength training, you will leave feeling good!