

# FALL 2023 GROUP X SCHEDULE

Effective Tuesday,  
Aug. 22, 2023

**SRC**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

Total Body Training  
7:00 a.m.

Yoga  
7:00 a.m.

Cycle  
6:30 a.m.

Power 45\*  
7:00 a.m.

Cycle  
6:30 a.m.

Cycle  
5:15 p.m.

Power 45\*  
5:15 p.m.

HIIT  
5:15 p.m.

Cycle Strength  
5:15 p.m.

Rise & Grind  
7:00 a.m.

HIIT  
6:30 p.m.

Dance Fitness  
7:30 p.m.

Circuit Blast\*  
6:30 p.m.

Flow Fit  
6:30 p.m.

Cardio  
Cardio/Strength  
Mind Body

Recovery Stretch  
7:30 p.m.

Recovery Stretch  
7:30 p.m.

Dance Fitness  
7:30 p.m.

Scan for class descriptions!



For information regarding GroupX classes, contact Chelsea  
Dolly at 812 237 8974 or [Chelsea.Dolly@indstate.edu](mailto:Chelsea.Dolly@indstate.edu)

**INDIANA STATE**  
CAMPUS RECREATION