

B A L L S T A T E RECREATION



Get Out and Play

Monday		
Time	Class	Location
6:00-7:00am	Powerflow	BG 125
12:15-12:45pm	Total Body Tone	BG 125
4:00-5:00pm	Triple Threat	Arena Gate 3
5:15-6:15pm	Cycling	BG 125
5:15-6:30pm	Step and Sculpt	IG 200B
6:15-7:00pm	All About Arms	BG 125
6:45-7:45pm	Pilates	IG 200B
8:00-9:00pm	Kickboxing	IG 200B

Thursday		
Time	Class	Location
6:00-7:00am	Cycling	BG 125
12:15-12:45pm	Cycling	BG 125
5:15-6:15pm	Aqua Fit	Ball Pool
5:15-6:15pm	Zumba	IG 200B
5:15-6:15pm	F'Ab Ride	BG 125
6:30-7:30pm	Hip Hop	BG 125
6:30-7:30pm	HABIT	IG 200B
7:45-8:45pm	Pilates	IG 200B

Tuesday		
Time	Class	Location
6:00-7:00am	Cycling	BG 125
12:15-12:45pm	Cycling	BG 125
5:15-6:15pm	Aqua Fit	Ball Pool
5:15-6:15pm	Zumba	IG 200B
5:15-6:15pm	Absolute Cardio	BG 125
6:30-7:30pm	Turbokick	IG 200B
7:45-8:45pm	Pilates	IG200B

Friday		
Time	Class	Location
6:00-7:00am	Step and Sculpt	BG125
5:15-6:15pm	Turbokick	BG125

Wednesday		
Time	Class	Location
6:00-7:00am	Powerflow	BG 125
12:15-12:45pm	Powerflow	BG 125
4:00-5:00pm	BOSU Bootcamp	Arena Gate 3
5:15-6:15pm	Cycology	BG 125
5:15-6:15pm	Extreme Step	IG 200B
6:30-7:00pm	Hardcore	BG 125
6:30-7:30pm	Pilates	IG 200B
7:15-7:45pm	Total Body Tone	BG 125
7:45-8:45pm	Triple Threat	IG 200B

Saturday		
Time	Class	Location
8:30-9:30am	Cycling	BG 125
9:45-10:45am	Total Body Tone	BG 125
9:00-10:00am	Step	IG 200B
10:15-11:00am	HABIT	IG 200B

Sunday		
Time	Class	Location
6:00-7:15pm	Cycle/Pilates	BG 125

For more information, please call Office of Recreation Services at (765) 285-1753, visit the Office at Worthen Arena 140, or our website at www.bsue.edu/recreation

For more class information please call the Office
of Recreation at (765) 285-1753, visit our office
at Worthen Arena 140 or our website at
www.bsu.edu/recreation